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BABYHOOD

The Mother's Nursery Guide

DEVOTED TO THE CARE OF CHILDREN

LEROY M. VALE, M. D.

MEDICAL EDITOR

VOLUME XVIII.

DECEMBER, 1901, TO NOVEMBER, 1902.

NEW YORK
BABYHOOD PUBLISHING COMPANY

1902

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Babyhood.

Devoted exclusively to the care of infants and young children and the general interests of the nursery.

VOL. XVIII.

DECEMBER, 1901.

No. 205.

SLEEPLESSNESS IN INFANCY.

While it is true that the doctor is rarely called in to put the baby to sleep (except in his own family), yet a few suggestions regarding sleeplessness in infancy may not be out of place in BABYHOOD. For very often a little knowledge of a medical kind may be applied even in such a simple task, and when the task proves to be difficult some practical hints will be acceptable to the weary mother.

How Much Should a Baby Sleep?

This is not unimportant, because it is useless to attempt to make a baby sleep when he has a right to be awake. During the first week of life the baby will only wake up to nurse, and will fall asleep very soon after his hunger is satisfied. Until he is two months old he should sleep at least twenty-one hours out of twenty-four, and if kept awake he will fret and worry. After that time his waking intervals may become little by little longer, and when he is a year old he does not need more than fourteen hours' sleep daily. During the second year the baby should have at least ten hours' sleep at night, and a nap of two hours in the daytime. The nap will be dropped when he is two-and-a-half or three years old, but if he gets tired and fretful

toward afternoon it will refresh him much better than anything else. No child under ten should have less than ten hours' sleep at night, and if kept up late he should be allowed to remain in bed in the morning, or urged to take a nap during the following day. There is nothing more important for growth and nutrition than sufficient sleep. But children, like their elders, differ somewhat in their need of sleep, and some may need even more, while others may get along well with less, than the amount here mentioned. Natural inclinations should never be disregarded in the matter.

What is a Natural Sleep?

Sleep is too familiar to need description, but there are some things which occur in sleep which may be mentioned. In the first place, when the child is going to sleep impressions upon the senses have less and less effect, sight failing first, then touch and taste, then smell, and, lastly, sound; and after the sensations are suspended then the muscles relax, the respiration becomes slower and deeper, the pulse-beats decrease from thirty to ten beats to the minute according to age, the temperature falls about a degree, and all the vital functions and secretions

go on more slowly. Now, there are some practical hints which these facts suggest. Anything which excites these failing senses will keep a child awake, and sounds and odors are more likely to act as excitants when he is nearly asleep, while lights and handling will keep him from getting into a sleepy mood. Walking up and down in a hot, lighted room and singing loudly is therefore just the way to keep the baby awake. One author says: "I have known nurses who would sit with a wakeful infant under a powerful gaslight till after midnight, and then express surprise that the baby persisted in looking at the flame instead of going to sleep." To put a child to sleep it is evident that darkness, rest in one position (that is, in the cradle or crib, with one hand laid upon the baby so that he may know that the mother or nurse is near him), and quiet, or at most a low, monotonous soothing murmur on three or four notes only rather than a song, will be successful. Every mother knows that the baby will often waken when the song which is being sung is stopped; but the hum or murmur may be made fainter and fainter without arousing him. If the baby is carried about, the heat of the nurse's body and the handling prevent rather than aid sleep. The influence of odors is not to be neglected. You can wake a baby almost as easily by holding a strong perfume near him as you can by making a noise, and much more quickly than by touching him. So if you come into the room diffusing a pungent perfume you must not blame the little one if he awakes. Yet some odors appear to soothe the baby, which

explains why he will often drop asleep while nursing, though this is a habit not to be encouraged.

In the second place, when a child is fairly asleep the depth of the sleep increases constantly for the first hour, and the deepest sleep is reached at its end. After that the sleep is lighter and lighter until the time of waking, for which reason dreams always occur toward morning rather than early in the night. If, therefore, it is desirable for any reason to move the baby after he gets asleep, wait for a half-hour, or, better, for an hour, before doing so, for then he will be less likely to wake up when you take him up, or if he does, will go to sleep again at once.

In the third place, regular habits of sleep are as important for children as for adults. If a regular bedtime is observed and enforced from the outset, without exception and in spite of pleading, the baby and the child will feel sleepy and go to sleep easily when the time comes. This matter of habit in the hours of sleep is important. Sailors who watch four hours and sleep four hours are usually able to drop to sleep as soon as they get below, no matter at what time of the day or night. During the four hours of watching they use up a certain amount of nervous energy, which is just about replaced by the succeeding four hours of sleep. A sailor's "day" is eight hours long, with four of day and four of night, and he lives several days to our one. A baby's "day" should be equally short. And this shows that the time of sleep or length of sleep is of less importance than the total amount of sleep in relation to the

total amount of waking. The baby needs more sleep than the adult, because he must, during sleep, store up energy for his growth as well as for his little effort, and in the first years the growth is very large. Therefore, from the first month let certain times of sleep be sacred without disturbance, and then when the fretfulness of teething or sickness comes the habit of sleep will be established and aid you in getting the baby to sleep when he is wakeful. Don't put him to sleep at irregular times for your own convenience. Don't wake him up at irregular times to show him off. If you do, don't blame him later if he wants to stay awake at his own convenience.

What Prevents Sleep?

Anything will keep a child awake which has the effect of exciting his attention—thus sounds, sights, or any impression coming into the mind through the senses, or any unnatural sensation, such as sickness or pain, reaching him from his body. Besides these external causes of sleeplessness, an imperfect nutrition of the body, including the brain, may produce an irritation of the mind itself, which acts as an internal cause. When a baby will not go to sleep one of these two causes may be acting. If you want to put him to sleep try to remove the causes of sleeplessness.

I. The importance of quiet and darkness has already been mentioned. But there are many sensations coming into the brain which cause discomfort, arouse attention, and keep the baby awake. Heat and dampness are among the most frequent and least noticed. The cries of wakeful babies

in the tenements of the city on a sultry summer night testify to this. Nothing will quiet a restless child more quickly than a tepid bath, light bed-clothing, a well-ventilated room, and fanning. The tepid bath allays irritation or itching of the body, and, being considerably warmer than the air, the baby feels cool when taken out. The bed-clothing should never be so thick as to heat the body; a double light blanket without a quilt or counterpane is far better than heavier coverings, and its weight should be varied according to the weather. And, if the temperature of the room is about sixty-eight degrees F. at night, the baby will go to sleep more easily and rest far better than if the thermometer is seventy-six degrees. A cold room is just as irritating to the skin as a hot one, and just as likely to keep the baby awake. Some babies probably suffer a good deal from itching of the skin when it is exposed to the air or bathed, and this causes crying and restlessness. If a baby invariably cries after it is undressed or bathed, its body should be looked at carefully to see whether gooseflesh appears easily. If so, a little cold cream or vaseline rubbed in gently and followed by powder will relieve the itching and quiet the child. Gentle rubbing of the limbs and body alone may act somewhat like the bath, and may be tried if that has failed. It acts like massage, which always makes one drowsy. In case of pain from indigestion or wind, which is very likely to be felt just as the baby is getting to sleep (for then the intestines contract more forcibly), and which may arouse him, a wet compress to the abdomen may be applied,

either hot or cold, and covered with a strip of oiled silk. Such a compress is often efficacious in promoting sleep in adults when there is no abdominal pain, and it may do the same in children.

2. The internal or mental causes of sleeplessness are no less important. Sleep is due to the exhaustion of the brain, which cannot go on giving out energy without getting a new supply. That supply it obtains in sleep, during which new energy is stored up. The amount of blood in the brain during sleep is less than during wakefulness, as can be noticed by comparing the pulsation of the fontanelles of infants awake and asleep. This storing-up of energy and quieter flow of blood go on together. But the energy is stored up out of materials brought to the brain by the blood. So the blood must be in a perfect state if sleep is to result in refreshment. Any disturbance, then, with the state of the blood, or with its slow and quiet flow, or with the power of the nervous elements to absorb nutrition, may prevent sleep. These are the internal causes of insomnia.

Domestic and Medical Treatment of Sleeplessness.

Very often a too great flow of blood to the head keeps a child awake. This will follow naturally upon any great excitement, or a long fit of crying, or in a feverish condition, and may be shown by a feeling of heat in the head. Then cool cloths to the forehead, or the tepid bath, or a hot mustard foot-bath, may be needed to draw the blood away. Perhaps the blood is not of the quality to nourish the brain, and so the nerve centres become hungry and rest-

less. This is often the case in scrofulous or bloodless, pale children, and then a better diet or a more nutritious diet, with iron, is needed constantly, and temporarily a night's sleep may be secured by a little food given just before bedtime, such as warm milk which has been partly digested by some one of the peptogenic powders. But in this condition attention by the doctor will be necessary, and he may have to order a sleeping medicine. Sleeplessness which is constant for two or three days is always a serious sign of illness in any child. It may be the earliest indication of brain fever, and should never be neglected by the family physician.

There are very few conditions in which drugs can be used to produce sleep in infants with safety. The majority of "soothing syrups" contain opium, which is injurious in so many ways that it should never be used without medical advice. Three grains of bromide of potash dissolved in syrup or in warm water, for a child below one year, and as much again for every year up to the fifth, will be as safe a remedy as can be employed in case of need. Another remedy often used is tincture of hyoscyamus, five drops to a baby under one year, ten drops to children under four, fifteen drops to children under eight—but this is more dangerous than bromide. Never give chloral to a baby. No drug should be needed by a healthy child to produce sleep, and all other measures should be employed before a medicine is tried, and no medicine should be continuously employed except under the direct supervision of the doctor.

Night Terrors.

There is one form of disturbance of sleep which requires mention. Sometimes a child wakes up suddenly, sits up in bed, cries out with alarm or screams with fright, and for a few minutes cannot be quieted. He appears to suffer from great terror, the eyes being wide open, the respiration panting, and perspiration rolling off from the face, which is usually pale, and occasionally flushed and red. He may not at first recognize his parents, or may cling to them in a convulsive manner. It may be some minutes before such an attack passes off and he becomes quiet and goes to sleep. The attack is somewhat of the nature of a severe nightmare. But such attacks of night terror are only noticed in nervous children, and are usually evidence of indigestion or of excitement. They sometimes occur after a child has just begun to go to school, or after a day of unusual emotional strain. They may be of no special importance, and may pass off of themselves. They may, however, be serious early indications of a beginning nervous disease, such as St. Vitus' dance or even epi-

lepsy. If they occur only occasionally and in connection with indigestion they are easily remedied by taking care that the child does not eat indigestible things just before going to bed. If they are more frequent and are not due to this cause, they may be remedied by giving the child a tepid bath, or sponging his head and back with cool water at bedtime, or by giving him from five to ten grains of bromide at night. If, however, they become at all constant, occurring several times a week, or two or three times in one night, they are evidence of nervous irritability, which may be merely one indication of some local affection, or of serious disease such as epilepsy, or tubercular meningitis, or rickets. Sometimes they are the result of a condition of partial suffocation from catarrh of the nose, or from little growths in the nose, or from enlarged tonsils which obstruct the entrance of air when the child sleeps with the mouth closed. The same terror is seen in an attack of spasmodic croup. If night terrors are frequent they should not be disregarded, but should be spoken of to the doctor.

WORMS AND WORM-FEVER.

The belief has been prevalent, time out of mind, in the community at large, that the presence of worms in the intestines constitutes one of the chief causes of disease in children. Every old granny is firmly of the opinion (as the result of her experience) that every sick child must be "bothered" with worms. Any mild attack of irritative fever occurring in childhood as the result of exposure or some in-

discretion of diet is popularly termed "worm-fever." We saw a case not long since of malarial fever pure and simple, which yielded to quinine in three days, that had been treated as "worm-fever" for three weeks, and, we need not add, without any improvement.

Supposed Manifestations of Worms.

The "symptoms" of worms are legion: the most prominent ones are

said to be red cheeks followed by pallor, lower eyelids swollen, with a blue ring beneath, thirst, nausea and loss of appetite, sometimes, on the contrary, augmented appetite, foul breath, red and pointed tongue, with more or less feverishness. Great stress is also laid on dilatation of the pupils, drowsiness, twitching of the muscles, and even convulsions are noted in some cases. Grinding the teeth in sleep and picking the nose are symptoms to which families attach great importance. A very curious superstition also prevails among the ignorant with regard to the influence of the moon on the activity of worms: the new and the full moon being the times when they are supposed to cause the child the most suffering and distress, and therefore the most appropriate season to administer some kind of vermifuge. Astrology has not altogether lost its hold in this age, as witness the importance attached to the signs of the zodiac among the lower classes. We have been gravely informed that a child weaned when the "sign" was in the bowels would be troubled all his life with worms and bowel disorders, and assured in the strongest terms that if weaned when the "sign" was in the feet such evil consequences would never follow. It is needless for us to say that such a variety of symptoms as those just enumerated may be dependent on many different causes. We fully agree with the late Prof. Flint in the following quotation: "A host of symptoms having little or no significance have been enumerated by writers. The morbid effects have heretofore been greatly exaggerated. There is no foundation for the belief

that they (worms) give rise to a form of fever, as implied by the term 'worm-fever.' That they may give rise to convulsions, chorea, and other nervous affections, as is generally supposed, must be considered as by no means established."

Mistaken Causes.

Much has been written as to the cause of worms. It has long been a common belief that the use of certain kinds of food favors the development of worms. Fruits in excess and of poor quality, and badly-cooked food giving rise to indigestion, are said to be a cause. Sugar and candies have long had a bad name in this regard, much to the sorrow of numberless children, who have thus been needlessly deprived of an innocent gratification. The period of childhood is mentioned as a predisposing cause. Infants under one year of age are rarely affected, and statistics show that worms are seldom found in the intestines after death in children of a tender age, for reasons which will appear later on.

The Germ Theory.

It is extremely probable, in the light of recent investigations, that the quality of the food has little, if anything, to do with the development of intestinal worms. The most rational theory is that the eggs are swallowed in drinking-water, and then undergo development. In confirmation of the view that man becomes infected in this way, it is stated that the people of Paris, who drink only filtered water, are rarely infected with the round worm which is prevalent in the rural districts of France. As in other disorders dependent upon germs, the germs

must come from without; and drinking impure water is altogether the readiest way of introducing the eggs into the system. It is stated by a recent writer that the contamination of the drinking-water with the eggs out of privies is a frequent source of infection, and it is also claimed that the presence of the eggs in the water thus exposed has been actually demonstrated. If this be true, filtration only will be necessary as a preventive. It is now readily seen why young infants at the breast are so rarely infected, as the mother's milk furnishes the sole food and drink.

"Worm Fever" Attending Other Diseases.

Under disturbing circumstances, such as the presence of indigestible food in the stomach or a febrile condition, the worms become restless and sometimes wander from their usual position. They sometimes enter the stomach, ascend to the throat, and are expelled from the mouth. In such cases it is very difficult to convince parents, especially among the lower classes, that the sickness, no matter what may be its nature, is not wholly dependent upon the presence of worms. We saw a case of pneumonia in a child six years of age, recently, who vomited one large round worm on the second day of the attack. The disease pursued its usual course, and the child recovered; notwithstanding the mother insisted "it was only 'worm-fever,' and he would be well next day, as he had just got rid of the whole cause of his trouble."

Popular Cures.

Having stated our convictions as to the infrequency of worms and worm-

fever, we wish to add a word of warning against the indiscriminate use of nostrums for the cure of said worms. In order to convey some idea of the amount and variety of medicine—patent medicine, we mean—sold and consumed by the innocent babes and children of this country, we have made a list of all the so-called vermifuges, worm-candies, teas, etc., put up and offered for sale at all of the drug-stores and country groceries in the United States, and find that it makes a grand total of *eighty* different varieties. Eighty separate and distinct articles for the cure of the thousand-and-one symptoms that worms are alleged to give rise to; and a most elaborate and exhaustive list of symptoms will be found to accompany each box or bottle, all of which are certain to be cured by faithfully following the "directions inside!"

Dangerous Remedies.

The basis of all the so-called worm-cures is santonin or pink-root, both of which in sufficient doses are poisons. Santonin in considerable doses causes nausea and vomiting, followed by colic and diarrhœa. In toxic doses santonin produces very decided cerebral effects—trembling, vertigo, convulsive movements, cramps, stupor, cold sweats, dilated pupils, and insensibility. Pink-root in large doses causes cerebral effects, vertigo, dimness of vision, dilated pupils, convulsions, and insensibility. We have seen children dosed with these nostrums till they were made sick, simply because they were *supposed* to be troubled with worms. So strong is popular prejudice. The only wise rule to follow is never to administer

any powerful medicine, particularly to a child, except on the advice of a competent physician who has carefully

observed all the symptoms and has had an opportunity to determine the necessity therefor.

LISPING.

We shall consider in this article a speech defect which by many is not regarded as a defect at all, yet which ought to be spoken of in *BABYHOOD*, as not infrequently other defects arise from it, in particular a sort of *stammering*, which, if it be not removed in early childhood, it is very difficult to cure in later life. We refer to *lisp*ing. Under lisping we understand the false pronunciation of certain lingual sounds, particularly *z* (in *zone*), *s* (in *sin*), *c* (in *cider*). This defective pronunciation is in most cases the result of habit, often, however, of affectation, and is then just as ridiculous as the pronunciation of *r* by those persons who incorrectly produce it by vibration of the *uvula*; or it arises from an abnormal formation of the tongue (too long or too short, too broad or too thick). In the former case it is merely necessary for the person to resume a natural manner of speech; in the latter the person must, by exercises of the tongue and practice of the lingual sounds, be brought to approach a correct pronunciation. In order to show in what this defective kind of pronunciation consists, and in order to enable mothers and instructors to exert a beneficial effect on their little charges, it will be necessary for us to explain the origin of some lingual letters according to physiological laws.

The letter *T* is formed by placing the lateral edges of the tongue against

the upper bicuspid and first molars, and pressing its tip against the roots of the upper incisors, and, having in this way closed the oral passage, by forcibly expelling the air, as with *p*.

Z (in *zone*) is formed by placing the mouth in the position required for *t*—but with this difference, that the tip of the tongue is not pressed against the roots of the upper teeth—and then performing a sounding expiration in which the air is made to pass out very gently between the upper teeth and the tongue, which is kept in a horizontal position. While in the formation of *t* the tongue is kept slightly convex, it must be kept nearly concave with *z*; that is to say, the tongue, especially the anterior half, should form a sort of gutter, through which the stream of air gently passes.

The sharp sound of *s* and *c* (in *sin*, *cider*) is produced by keeping the tongue in the same position as with *z*, but not causing the escaping air to produce a vocal sound. The tongue must be drawn in more than with *z*. When, instead of the tongue being placed in this last position, its tip is held too low, so as to touch the edges of the upper incisors or to protrude between the teeth, there results a sound which the English call *th*, but which with other nations is called a *lisp*.

Th is an important and frequently occurring sound in the English language; when, however, it is applied where it does not belong, it is wrong

and is called *lipping*. But not the false placing of the tip of the tongue alone is the cause of lipping; it is also due to *too weak* a pressure of the tip of the tongue on the palate or teeth, and indeed a careless holding of the tip of the tongue altogether. The same holds good of all lingual letters. Those afflicted with this defect must, therefore, place the tip of the tongue exactly on the place just described, and this with *decision*. Those who are troubled with the defect of *lipping* must draw in the tongue, and the tip, which is bent back, should be somewhat raised. It is better, in exercising, to raise the tip of the tongue too much at the outset rather than too little; the stiffness thereby occasioned will disappear with the continuance of the exercises.

Exercise. Let the mother take the word *zone* and speak it to the child in the following manner: First pronounce the *z* *alone* with a sounding ex-

piration; keep up this buzzing tone for a time and then add on the *one*. Let her exercise in this way all the words beginning with *z*. Having become accustomed to pronouncing the *z* without thrusting the tongue forward and out, it will be easy to pronounce all the dental letters correctly.

Whoever forms the consonants according to the strictly physiological rules here laid down will not find it necessary, in order to learn to pronounce this or that sound, to take pebbles into his mouth, as is said to have been done by Demosthenes, who, of course, knew nothing of the science of the physiology of the vocal sounds such as exists at the present day.

The surest and quickest way of getting rid of any curable defect is to obtain a complete control of the muscle through whose false activity the defect has been brought about. In lipping, such control can be obtained.

THE EMERGENCIES OF CHILDHOOD.

The mother of every well-regulated household should possess a family medicine-chest. It may be in the form of a little corner medicine-closet, that can be procured in any city, or a simple box; but it must have a lock and key. The case should contain:

- A roll of old linen; some lint;
- Some rubber adhesive plaster;
- A small glass syringe;
- A few fine, soft sponges;
- Some whiting;
- Syrup of ipecac;
- Some linseed oil;
- A solution of bromide of sodium, four grains to the teaspoonful, labelled with the name and strength of the solution;
- A medicine tumbler.

We have not mentioned in this list many of the drugs often placed in such lists, as it is not well for the mother to give medicine indiscriminately and for every slight ailment.

Bleeding from the Nose.

"Nose-bleed" may occasionally be so excessive as to be alarming. The cause is usually either an injury or an abrasion of the lining of the nose. Treatment: The head should be held upright. The mother, if the child be large enough, may introduce the finger into the nostril and make pressure on the bleeding spot. Or a piece of lint or cotton, wet in a solution of alum.

dissolved in water, may be placed in the nostril. If the bleeding be obstinate, ice may be applied to the forehead or the back of the neck.

Bruises.

Children are constantly falling and producing those unsightly bruises known as "black-and-blue spots." A bruise usually ruptures small blood-vessels, and the change of color in the part is caused by changes in the coloring of the blood poured out under the skin. In North Germany, when a child strikes on its head, the mother immediately presses the handle of a spoon on the part. This prevents the blood-vessels from pouring out more blood, and helps to scatter that already poured out, thus rendering absorption easier. Hot water or ice acts in a like manner upon the blood-vessels. A very sure remedy is the application, with a camel's-hair brush, of the fluid extract of witch-hazel. If applied immediately it causes the vessels to grow smaller, so that no more blood escapes.

Burns.

In treating burns and scalds two things are aimed at—first, to relieve the pain; second, to keep the injured part from the air. The application of bicarbonate of soda dusted on, or carbolized vaseline or carbolized oil, will do the first. After the smarting has ceased, linseed-oil and lime-water may be applied. An ointment recommended by an English authority is excellent, but has a rather unpleasant odor. Mix whiting and linseed-oil to form a thick paste; add sufficient vinegar to make

the consistency of syrup. Apply on lint and bandage the part.

Convulsions.

A child who has been seized with a convulsion should be undressed and immediately placed in a bath of hot water, with or without mustard. The water should be as hot as the mother can hold her elbow in. Cold-water cloths should always be placed on the child's head during the bath. Twenty minutes, or even a shorter time, is usually sufficient to relax the muscles and relieve the spasm. The child should then be taken from the bath, dried, and placed in bed. A dose of bromide of sodium, two to four grains to a child of a year old, will help to relieve the convulsion.

Cuts.

Small cuts should be made quite clean by sponging with warm water. The flow of blood should be stopped by pressure, hot water, or ice. If the bleeding be obstinate, whiting applied dry to the cut will produce clotting of the blood, and so stop the flow. When the wound is perfectly clean, cut small pieces of adhesive plaster about one-fourth of an inch in width; hold the edges of the wound together, and apply the plaster at short intervals across the cut. The common domestic plan of applying one large piece of plaster lengthwise to the wound is good only in very small cuts.

Foreign Bodies in the Ear.

When a foreign substance has entered the ear of a child, the course to be pursued by the mother depends somewhat on what the offending material may be. In any case, the following simple plan will do no harm.

Have the child bend the head toward the injured side, at the same time opening its mouth as widely as possible, while the mother with her finger is pushing back the anterior part of the ear. By this means the size of the external ear is increased and a small body, as a bead, may thus drop out. In the case of a pea, or a bean, or any substance which moisture causes to increase in size, the child should be at once taken to a physician. In other cases the mother may, with a small glass or rubber syringe, gently wash out the ear with warm water. The mother who, with an ear-spoon or any other appliance, attempts to remove a body from the ear of her child, thereby endangers its hearing.

Foreign Bodies in the Eye.

Cinders, dust, and other substances may be removed from the eye with a handkerchief. Sometimes inversion of the eyelid will be required. This simple manœuvre can easily be taught the mother by the family physician, or a flaxseed may be slipped under the lid; this, acting the part of an "eyestone," by causing a flow of tears, will often wash out the offending particle.

Foreign Bodies in the Nose.

Frequently the aid of a physician will be necessary for the removal of offending bodies that have entered the nose. The following measures may first be tried: The uninjured nostril may be compressed and the child told to forcibly blow its nose. Or, if a sufficiently quiet child has met with this misfortune, a pair of blunt-pointed scissors should be introduced a short distance into the nostril, so that their opening will enlarge the nostril. A

safer implement may be made by bending the round end of a hairpin sideways, so that it will make a sort of scoop, which may be used to pull out the foreign body. In the meantime the finger should make pressure over the foreign substance from the outside.

Foreign Bodies Swallowed.

As babies seem possessed with a desire to put stray articles into the mouth, the swallowing of pins, pennies, tacks, etc., is of frequent occurrence. Sometimes the mother, seeing the disappearing article, may quickly invert the child—stand it on its head, so to speak—at the same time giving a blow on the back, frequently causing the stray substance to fall from the mouth. If too late for this to succeed, the mother need not feel alarmed. She should not give oil or any other cathartics; rather strive to give brown bread, oatmeal, or other food containing much waste material, this furnishing a protection for the substance swallowed; embedded in the stools it may be safely expelled.

Insect-Bites.

When a child has been stung by a bee, mosquito, or spider, the wound should be examined, for the sting of the insect will often be found in the part; if so, it should be removed with a pair of tweezers. Ammonia, soda, or turpentine should then be applied. If the pain be excessive, lead-water and laudanum may be necessary.

Poisons.

The general treatment of poisoning in children should be to empty the stomach by means of an emetic; syrup of ipecac, warm water, or salt and

water may be used. The vegetable poisons may be antidoted by tannic acid dissolved in water and given freely. Of the metallic poisons children are not likely to take others than lead

or arsenic, the latter contained in rat poison. Empty the stomach and then give immediately large quantities of milk and raw eggs, lime-water, or flour and water.

NURSERY PROBLEMS.

The Care of Children's Feet.

To the Editor of BABYHOOD:

I was greatly interested in the "Problem" entitled "The Natural Shape of Baby's Foot" in a recent number. As I understand the subject, no special care need be taken of Baby's foot as long as no shoes are worn, but how about older children? When the question of buying shoes for them has to be considered, what kind is best adapted for them in order to preserve the natural shape of the foot? You will doubtless oblige many readers by saying something further on this point.

Seward, N. Y.

H. F.

The points to be considered in the choice of a shoe in general are: First, its sole should be of a shape corresponding to that part of an undistorted foot that touches the ground, and especial attention should be paid to securing one that is straight on the inner side from the ball of the toes forward. There are now some shoes made which are constructed, one may say, on an anatomical basis. Certainly no shoe should be selected for a child which is not in conformity with the line of the inside of the foot, and special care should be taken that sufficient room is allowed on the outer side along the base and length of the little foot. It need hardly be said that the sole should be larger in every direction than the weight-bearing surface of the foot.

Secondly, the upper should be large enough everywhere; ample in front,

to permit the play of the toes and ball of the foot, but about the ankle and instep it should be capable of neat and snug adjustment to insure security of footing. A shoe that allows the foot to slip about in it is a source of danger in any rough walking. This adjustment is best accomplished by lacings, as it can be varied at will. For a similar reason shoes are preferable to topped boots, which, if snug at the instep, involve a good deal of pulling at times.

Thirdly, the heel must be low to save strain on the muscles of the leg, thigh, and even those within the body that move the thigh. It should be as broad as the part of the sole to which it is attached, to prevent rocking of the foot or turning of the ankle. It should not be too short, but go sufficiently forward to support the *whole* heel and thus save the parts in the hollow of the foot from excessive strain.

Flatulency.

To the Editor of BABYHOOD:

What is to be done for a baby of seven months who expels great quantities of wind after using a bottle? He takes an artificial food and thrives, but the wind will awaken him, and annoy him until expelled. I have tried in vain to solve this problem.

St. Louis.

G.

Watch and see if your baby does not swallow air in nursing, which is not very probable, but sometimes oc-

curs. If it is so, try to improve the nipple of the bottle. It is far more probable that the flatulency is a sign of indigestion. The baby may need treatment, or he may need change of food.

Questions of Diet; Sucking the Lip.

To the Editor of BABYHOOD:

(1) Baby is eight months old, has been weaned now three weeks, but has been fed some for two months. She is fed now five times in twenty-four hours. Is this often enough? She goes from half-past nine until six in the morning. Is that too long? She sleeps well, and on an average about thirteen and one-half hours out of the twenty-four. She is fat and seems quite healthy; has just got over the whooping cough; coughs a little yet. We are feeding her oatmeal and milk — about one-third meal, two-thirds milk, with a little granulated sugar. Sometimes she takes it with a spoon, and sometimes she drinks it. Is this all right? The last oatmeal we got was crushed. Is this considered as good as that in the granular form?

(2) She lately contracted a bad habit—sucking her lower lip. Is there any way to break her of it? She has no teeth, and we are afraid she will pull them out of shape when they do come.

Cedar Rapids, Iowa.

D.

(1) Yes, five times in twenty-four hours is often enough for a child of her age. The long sleep is not harmful to the baby, and a blessing to her mother. By oatmeal we suppose you mean a gruel made of oatmeal, say a teaspoonful to a gill of water. If so, your proportions are about right; a little salt is needed in the mixture. The form in which the oatmeal is sold is not of great consequence, provided it is good meal. But there is a great difference in different samples. When good it is a delicious food; but it has often a harsh, stinging, and somewhat bitter taste, very suggestive of rancidity. Avoid such.

(2) There is no direct way of

breaking the habit of sucking the lip. Your ingenuity and watchfulness may accomplish it. It is not improbable that the habit may arise from irritation of the gums, and that it will abate when the teeth are through.

Lack of Robustness at Six Years.

To the Editor of BABYHOOD:

My little boy of six is rather delicate, and seems to need strengthening in some way. He is not ill, but not as lively as I should like to see him. Neighbors say that he is growing too fast; and I think myself that his blood must be thin, as his hands and feet are often cold when we all feel quite comfortable. He is not very fond of out-door sport, and can sit by the hour in the room engaged in whittling, drawing, or playing with his tools. A friend has suggested "parlor gymnastics" to develop his muscles. Would it be beneficial? And could you describe the nature of the exercises that would be best for the purpose? Do you advise cold baths? And ought he to get much meat? Please forgive my numerous questions, but others may thank you for answering them as well as myself.

Lebanon, Pa.

D.

Your little boy's want of liveliness may not be from ill-health, but from a certain sedateness of disposition. Without seeing him no one can say whether his blood be thin (anæmic) or not. If it be so, it can probably be improved by the use of iron.

Exercise that is interesting is infinitely preferable to that which is uninteresting, as are most parlor gymnastics when the element of comradeship is absent. The little boy's mechanical turn, we think, should give you the clue. Put his work-table by a window, where he shall have not only light but sunshine. Try to arrange his work so that it shall become little by little more laborious, not overtaxing his strength, but bringing his muscles into action.

You speak of his using tools; he could probably get a good deal of exercise by the hammer and nails, shaping things from wood by means of a wood-rasp and file; and if he is handy in the use of tools he may perhaps be already trusted with saws and planes.

Exercise for the lower extremities can be gotten by the use of the jig-saw. After an hour or so send him for a short run out of doors.

Cold baths—that is, sponging and rubbing—would probably be useful. Immersion in a cold bath we think would not. He should have a fair allowance of meat, to be increased in proportion to his exercise.

Dirt-Eating.

To the Editor of BABYHOOD:

Is there recorded in the annals of babyhood any account of a child who delights in eating dirt? My little boy, now nearly three years old, seems to have a craving for sand, plastering, coal, and even chews up pieces of brick and rock, or anything of that nature, with evidently the greatest relish. So far as I can judge he never has injured himself by doing it, but has seemed to be benefited in this way, as, if his bowels were constipated, the dirt would set them right. But I feel as though such an abnormal appetite might indicate something lacking in his food. Since he was weaned, at nine months old, he has lived chiefly on milk and lime-water, bread and graham crackers; has been given rice soup, finely cut fresh beef and steak, and in cool weather some kinds of fruit, but he has never been able to eat, as many children can at his age, without being sick. Two physicians to whom I have mentioned his peculiar appetite suggested it was caused by an acid stomach, and that lime-water would correct it; but when told that lime-water had been part of his regular diet since he was nine months old, and that he had been unusually free from "sour stomach," if his breath was an indication, they did not make any further suggestion. I have questioned several mothers on the subject, and find some who have had a similar experience with their children, but no one seems to explain the cause or the cure.

One mother whose child was fond of eating dirt was said to keep a box of clay near at hand, and, when her child was very fretful, would give him a piece of clay, and he would eat it and be content. I have never encouraged the appetite, and never persistently fought against it, because it did not seem to occasion harm, and the child was so eager to eat the dirt that I thought it might be he *needed* it; but if you can suggest a substitute that will answer the same purpose and be a little more civilized diet, I shall deem it a favor.

P.

The disease or morbid condition you describe is well known and has the medical name of pica, but is more common in older children or adolescents. In young women it is often associated with the disease known as chlorosis. The dirt-eating is akin to the taste for slate-pencils and the like often seen in older children. The cause of the morbid appetite must be sought for in each case. Usually it will be found in connection with the digestive process.

Sterilized Milk; Fresh or Condensed Milk.

To the Editor of BABYHOOD:

(1) Please state what is meant by sterilized milk.

(2) Also, in taking a baby seven months old, that has been brought up on one cow's milk away from home, which would you prefer—milk from a milkman or condensed milk?

Exeter, N. H.

M. C. G.

(1) Milk or any other substance is said to be sterilized when all minute organic life in it is destroyed. At the present time all fermentation is considered due to the presence of minute living organisms, and if in milk, for instance, all such life is destroyed, it will not sour or change so long as it remains sterile—i.e., until some new organisms are introduced from some source. There are many ways of sterilizing, but the only method practically ap-

plicable to food is the prolonged application of heat at least as high as the boiling point of water. All canned goods are thus preserved. If milk is put into thoroughly clean bottles, and these are placed in water kept boiling for some time (say a quarter of an hour), and then tightly corked, and this process is repeated on the next day, the milk will probably be sweet for some weeks.

(2) If really good fresh milk were obtainable we should prefer it; if not, condensed milk not canned, if obtainable; canned milk to be used if the fresh condensed cannot be had.

Superstitions about "Driving in Eruptions" and Nail-Cutting.

To the Editor of BABYHOOD:

(1) Baby four months old has a breaking out behind one of its ears. Do you think it is caused by teeth-cutting, or do you think him too young and ought I to heal it? When I was six months old I had this same trouble. My mother was advised not to heal, as I would be ill if she did so.

(2) Ought I to cut or tear his finger nails?

(3) Do you think the temperature too cool for him at night when the thermometer is at 58? He has never had a cold, and I take him out whenever the thermometer is above freezing.

Cleveland, O.

S. H. W.

(1) Heal it if you can. It is doubtless the common form of eczema seen in babies. BABYHOOD does not think the question of teething has any bearing on the matter. Eczema and other skin diseases should be always healed as soon as practicable. The old notions about "driving in" eruptions are ordinarily simple superstitions, and at best are founded on the misapprehension of cause and effect. When a severe illness occurs eruptions sometimes fade, and the careless observer thinks that the illness was caused by

the disappearance of the skin disease, when the reverse was the truth. We may, however, say that such eruptions are often very obstinate and hard to cure.

(2) Cutting is much easier and less likely to irritate the corners and cause hang-nails. The superstition against cutting nails is ancient, but its origin is very obscure.

(3) If the infant is carefully and warmly wrapped it will probably be a safe temperature; but it is difficult to make the changes usually necessary at his age with sufficient quickness in such a temperature to avoid chilling. For that reason we favor a rather higher temperature for a young baby.

Gain in Weight; The Advantage of Fat; Specific Gravity; Keeping up the Supply of Milk.

To the Editor of BABYHOOD:

(1) How much should a healthy baby of nine pounds at birth gain weekly in weight by growth exclusive of an accumulation of fat?

(2) If the gain is greater and the baby gets fat, is it an advantage?

(3) Do fat babies live on their fat for a time when taken sick, and so have an advantage over babies devoid of fat?

(4) How can we get the specific gravity of a baby?

(5) Can a mother with just enough milk for her baby keep it if she stops nursing the baby at night?

(6) Supposing three or four hours between nursing are best for the baby, can the mother keep her supply up as well as when she nurses more frequently?

Philadelphia.

S. W. E.

(1) There is no way to determine this. Averages can be made of the growth of children in certain weeks, and have been made, and from these it may be possible to pick out those children which weighed nine pounds at birth and average them. But the

relative proportion of fat and other tissues cannot be accurately determined without a chemical analysis, and that of course once for all after death. It is only possible to say that a child has above or below the average accumulation of fat—such variations as are noted in medical histories as “fat,” “well nourished,” “poorly nourished,” etc. As fat is found in nearly every part of the body and varies in amount in different parts, estimates by eye are only approximate.

(2) Inordinate gain in fat is not an advantage and may even be associated with faulty nutrition in other respects. But in early infancy quite a gain in fat to the degree of “plumpness” is the general attendant of good nutrition. Later, as the child’s activity increases, the muscular system proportionately gains, and the fat proportionately diminishes.

(3) Not in acute illness, certainly. It may be possible that a fat child, in other respects equally strong, might resist a wasting, chronic disorder somewhat longer than a thin one, but practically such difference is of small consequence.

(4) To ascertain the specific gravity of any body it is first weighed in air to get its absolute weight; it is then weighed submerged in water, and the calculation is then made according to established rules. As this process involves a great risk of drowning an infant, it is, of course, not very applicable to the living body. The specific gravity of the human body is not far from 1, as with inflated lungs the body floats in water, but the drowned body usually sinks.

(5) Yes, and usually has a better

day supply from the rest gained at night.

(6) Yes.

Alcohol as an Application to the Skin.

To the Editor of BABYHOOD:

(1) Will you kindly tell me of what value the rubbing of a baby’s back and limbs with alcohol is? Should the alcohol be used pure or diluted?

(2) Is there no danger of the baby’s inhaling the vapor?

New Jersey.

G. M.

(1) Unless ordered or used for some special ailment or weakness, we know of no value. A child in health needs only soap and water for cleanliness, and a warm, dry hand to warm its skin. If the skin for any reason needs a stimulating and astringent application, alcohol may serve.

(2) A very susceptible child might feel the influence of the vapor of alcohol used in this way. We have known monthly nurses of the old type who demanded several varieties of spirits, for different parts of the body. This, we believe, was mainly to magnify their office.

Condensed Replies.

M. P., Shasta, Cal.—Cleanliness is indispensable, and this can be attended to by raising the spring in the back a minute or so while the parts underlying are thoroughly washed and dried. Then repeat the procedure in front, taking pains to get the pad just where it belongs. The physician who first applied the truss will have indicated the spot where the pad should rest.

B. P., Leves, Del.—Chlorate of potash is largely used for sore throat and is often very effective. It is not a safe drug, however, for indiscriminate use. It acts strongly on the kidneys, and

overdoses or too prolonged use may cause them serious injury.

A., Gainesville, Fla.—It is not possible to say whether your child needs additional food, but one meal a day of good milk, prepared as BABYHOOD has so often suggested, would soon show if the trouble lay in insufficient food. Under such circumstances as you describe constipation is often exceedingly persistent and must be combated with laxatives or enemata until the child is old enough to digest varied and more laxative diet.

E. R. N., Newton, Mass.—Simplicity and monotony in diet are not synonymous terms. The most appetizing and tempting dishes pall upon the taste if too often repeated, and this admitted fact furnishes the keynote to the management of the nursery menu. The cereals you mention are all good, and enough variety to suit your child's fastidious taste may be secured by consulting the recipes furnished by the manufacturers.

L. D. A., Louisville, Ky.—Gravies and sauces are abominations at the nursery table, and so are fried meats, hashes and fricassées, for the reason that, in these dishes, fats are intimately commingled with the nitrogenized foods and, mechanically coating them, prevent the full contact and action of the digestive juices. You had better limit your child's diet for some time to come to the simple diet which, according to your own statement, has agreed with him so well.

A. C., Centralia, Wis.—For the remainder of the first and second months the child can be nursed, *if awake*, once

in two hours, but during the night do not in any way interfere with its repose.

G. I., Moorcroft, Wyo.—It is decidedly fallacious to suppose that every form of skin disease that appears on a child within the first two years is to be termed a "tooth rash." Very rarely is it that the teeth have any relation whatever to the disorder in question; but it is frequently neglected, in consequence of the belief that to cure it would be dangerous, and so perhaps a chronic skin disease becomes established very difficult to cure in after-years. If you can secure the advice of a physician familiar with the diseases of children, you had better do so.

G., Pierre, S. Dak.—For the first few days the baby will lose in weight, no matter what it is fed, and you must not allow officious neighbors to impose on you by telling you that the child is growing thin and must be fed. If he is well he will sleep most of the first day or two. Begin early the regular nursing that is to make both child and mother comfortable. For the first week he can be nursed, if awake, once in an hour and a half or two hours. At night arrange to have the last nursing about nine o'clock, and, except in rare instances, he will not require the breast again until morning.

B. F., Columbia, S. C.—There is no patent method of "preventing a child from catching a contagious disease." Keep your children in a healthy condition and attend to the simple rules of sanitation and diet, and they will be in good condition to avoid diseases which are prevalent, or lighten the attacks if they once occur. When a contagious

disease once occurs it is not easy, with our present knowledge, to cut it short, and our plan is to keep off complications and lighten the worst symptoms. Indeed, treating some diseases, such as typhoid fever, has been compared to dealing with a runaway horse. If we can keep it in the middle of the road and avoid obstructions, the disease will run itself out.

K. E. A., Leadville, Colo.—It ought to be unnecessary to say that "a preparation of opium" is not a safe thing for domestic practice. In the hands of a physician it may be all right, but opium is not, as a rule, well borne by children. As prescribed by

the physician, it is one of the most reliable weapons against disease; as indiscriminately used by mothers and nurses, it has probably done more harm than any other drug. It is exceedingly complex and its actions various. It stimulates the heart and increases secretion from skin and kidneys. It decreases the secretion of stomach, bowels, and liver; deadens the nerves of sensation, thus relieving pain; produces sleep; and by paralyzing the muscular coat of intestines and bronchial tubes checks their movements. We cannot tell whether a physician would approve of your neighbor's suggestion.

DEVELOPMENT VERSUS REPRESSION.

In most written articles concerning the management and training of children, the greatest stress is laid upon absolute, prompt, and unquestioning obedience. Now, without in the least wishing to detract from the value of obedience in children as being of the utmost importance (the physical welfare of the child, as well as its mental and moral balance, depending upon it), I would like to say a few words about the errors in the moral training of children into which parents most rigid in enforcing discipline are liable to fall.

If we had only our own convenience to consult, then we, as parents, might conscientiously rest when we have succeeded in training our children into yielding promptly at all times to our wishes. But when we remember that not our comfort alone, but principally the ultimate and permanent good of

our children, is what we should strive for, then the question of child-training becomes very complicated.

Many parents there are who seem to feel quite sure that their way is the only true and right one, and who lay down the law (their law) as if they were gifted with superhuman wisdom; but I confess that with my own children I find myself often at a loss how to proceed, though, I trust, with good intentions and a fair amount of perseverance in carrying them out. Children, even in the same family, are so different in temperament that the method which has answered its purpose well in one case may be utterly useless in another.

In the first place I would make no *cast-iron* rules. They are sure to be broken and must lead to punishment. Sincerity and truthfulness must always be reckoned among the most

sturdy virtues, and yet there are many children—who has not seen them?—who have been made moral cowards by too severe discipline, and, it may be, without any corporal punishment whatever. It is said that too strict discipline leads either to treachery or rebellion, and of the two rebellion is better, because no character, however tractable and lovable, can be noble and worthy of respect which is not perfectly honest.

Characters which are not very strong are often made miserably vacillating, and the sense of personal responsibility is often greatly diminished, by too frequent curbing and repressing. Then, too, a nervous child may be rendered irritable and fretful by being confused with too many commands. But this brings us to a point often touched upon. We are told that having given a command we are on no account to fail to see it carried out, but I think that sometimes even this would not be right. Suppose that we have given the command hurriedly, without much thought, and that we afterward find we are in the wrong, or doubtful about it? Is it not far better to acknowledge our fault or explain the case? Surely such a course would not detract in any way from our dignity, and the child would respect us the more for being honest with him. We cannot expect our children to be just in their dealings with others if we withhold the justice which belongs to them. How common it is for parents to interrupt their children in conversation, even when they are speaking in a perfectly proper manner, at the right time and place, and yet these same parents would be

very quick to resent an interruption on the part of their children.

When a reproof is to be administered it should not be done in the presence of others, if it can be avoided. A sensitive child feels the sting and mortification keenly, and will be much more likely to be tractable when spoken to privately. And often a little well-spoken praise will brighten up wonderfully the little heart discouraged by failure.

We should try to understand our children and be ever ready to lend a listening ear to their little tales of woe, remembering that the small grievances of children mean as much to them as the more severe trials of later years do to us. Many people seem to think, when a child has been hurt mentally or physically, that, by showing little or no sympathy, they are helping to make him strong and heroic. Now, it seems to me that, as we wish our children to be kind and thoughtful to others, so we must be to them. Otherwise they will become hard and cold. And when, by intent or accident, we have wounded one of these little ones, we should be quick to make amends and heal the wound as soon as possible.

Children are so forgiving—so much more so than we older people. They see our faults as plainly as we see theirs, but are not permitted to tell us of them, while we are prone to notice theirs, often in the most unceremonious manner, and sometimes without the least thought on our part of their future good.

I think we should encourage our children to be confidential, but never to force their confidence. Compulsory

confidence is really not confidence at all. I believe it is better to help children to be self-reliant and to decide questions for themselves. It is enough if the children learn to feel that they must not do or say what they would be ashamed to have us know about. We should make an effort to be discriminating in all cases of disagreement between children when we must decide in favor of one against another. The mother must often constitute herself a court of justice, as it were, making full inquiry into the case in question, and then decide to the best of her knowledge and ability, never forgetting to temper justice with mercy. It is cruel to let one child feel that we have more love for its brother or sister. Few good parents, I believe, are conscious of feeling any difference in their affection for their children, but sometimes a delicate child, or a younger one, may demand more attention, and so give the impression that he is more loved.

In the court of justice to which I have referred, we must not instruct our clients to insist too strongly upon *mine* and *thine*. While it is certainly right to insist upon children's respecting the rights and property of others, it is wrong to let that

spirit be carried too far. It may become demoralizing.

One method of securing obedience is worthy of the strongest condemnation, viz., that of suggesting what some other person outside of the family will think of this or that conduct, instead of asking that an act be performed, or not, simply because it is *right* or *wrong*, and for that reason alone.

Another most reprehensible practice is that of holding one's self up as a model, though I think, fortunately, people who do this are rather rare. That parent must indeed be very wise and very good who can afford to do this, for children are very quick to perceive our shortcomings, and preaching without practice always does more harm than good. Example is ever better than precept. The letters of Phillips Brooks to his little niece, published some years ago in one of our magazines, are a beautiful example of this. Not one word of preaching do they contain; yet they breathe throughout a spirit of pure thought and motive that must sink deeply into a child's heart.

ELIZA B. LADD.

Washington, D. C.

NURSERY PASTIMES.

A "Baby-House"

I would like to suggest to the readers of BABYHOOD a good plan for amusing the little ones during the winter days. Procure a good-sized box, such as can easily be gotten at any dry goods or notion store. Set it

up with the open side out in any out-of-the-way corner; cover the top and two sides with cheap cretonne by tacking it smoothly over, and across the front put a gathered curtain of the same material, which can be drawn back and fastened at the sides. Some

inexpensive wall paper of a bright, attractive pattern must cover the inside; then one or two shelves put in, and the baby-house is ready for furnishing. I have one for each of my two girls, and find them well worth the trouble which was taken to get them ready. One of the greatest comforts of a child's life is to have some one spot specially his own, where his treasures can be stored away without fear of disturbance. My little ones are never allowed to interfere with anything which does not belong to them. Each one arranges her house to suit her own taste, and no one touches it without her consent. These little houses are useful, too, in teaching the children to be neat and orderly, to have a place for everything, and everything in its place. There will be room for a parlor, dining-room, bed-room, etc., according to the size of the box. In the winter they can be moved into a warm room, and I think most mothers will be quite willing to put up with the boxes for the sake of the pleasure they give. It is a good plan for the boys, too; for every boy wants a place for his marbles, tops, lines, and the general odds and ends with which boys litter up a whole house. One of these boxes, nicely fixed, will last for years; and as no child ever outgrows the desire for somewhere to keep his property, it is a convenience and a comfort to have one on hand. I.

A Neglected Study.

Many mothers find it difficult to amuse their babies. They say they have no talent for story-telling or for inventing plays. Perhaps they have more talent of this kind than they suppose—or at least the germs of talent.

Perhaps they have never tried to entertain their little ones as they try to care for their physical needs. The little toddlers revel in the grotesque, the odd, the unexpected. The personification of the common creatures about them affords endless interest. A fretful child of eighteen months or two years will stop crying at once if you talk to him about kitty's fur cloak, and ask him how she keeps her white stockings so clean. A baby too young to talk was so restless and "cross" that he could not go to sleep as usual. His mother rocked him and walked about with him in her arms till she was tired out. A lady who happened in took him, and, going to the canary's cage, said: "See birdie, fast asleep in his little yellow nightgown." The child laughed aloud. He had experienced a reaction from his fretful mood, and soon dropped asleep.

A child subject to violent fits of passion could be instantly beguiled from her naughtiness by some ridiculous suggestion. The moment she was made to laugh her anger was over and she was "good."

• Little children suffer in a chilly, prosaic, grown-up atmosphere. Help them to make believe and they will amuse themselves. Two mothers of my acquaintance pursued two different methods with their babies. Each had her own housework to do. One set the little, mischievous tot on the carpet with some familiar toys, and expected her to stay there while the dishes were being washed, the bread kneaded, and the silver polished. The consequence was, said tot soon left the monotonous playthings, the well-known rubber rattle, the picture-book,

and the painted blocks, and tugged at her mother's skirts, fretting and teasing; or she left her station on the carpet for the fascinating occupation of picking off the wall-paper. The other mother put Miss Baby in her high-chair, tied and braced to avoid accident, and on the table before her set a shallow pan with half-a-pint of water in it. She gave a bit of rag and the child's tin dishes, and let her "help mamma." Protected by an oil-cloth bib, the water did her no harm; and for a full hour the little thing washed and dried her dishes, and washed them over again, the mother chatting with her happily. This woman was even then in mourning for the baby's father, but was too wise to chill the sensitive child-spirit with the cloud of her own sorrow.

The baby must be made to understand that thus far it can go and no further; but within its own limits it should be humored, pleased, and interested. It is necessary to natural, healthy development that the baby's mind should be serene, its feelings respected, that its spirit should be bathed in sunshine. Many a mother sets her geraniums in the sun and frowns at her baby.

As to stories, very little invention is required for a two-year-old. If he be told in the form of a story just what he did the day before, he will be interested. The true story of the baby-birds whose mother was taken away from them will be listened to over and over. The account of the little gray mouse that went hunting for cheese and got caught in a trap while Baby was asleep will suffice for many entertainments. The mother who tries am-

plifying and embellishing these little histories will find her power increasing. The child can be taught many a lesson of sympathy with animals in this simple way.

It is necessary to study for good results in every department of life. How many mothers set themselves to study the best ways to entertain their children? These little ones want occupation for body and mind; they want encouragement and sympathy, a great deal of both; they want firm restrictions, and, within those, sunny, joyous freedom. Thus treated they will soon be a real help to the wise, loving mother.

A very little child can pick up its own playthings; and this discipline—for it is a real discipline to a baby—will lead to the power and the willingness to help in larger ways. A little girl of five, standing on her cricket, can wipe all the small dishes, rub the knives, and do many a helpful task; and by judicious effort such a glamor can be thrown over the work that she shall like it better than play. But this cannot be without training from the beginning in helpful, unselfish ways. Neither is there any reason why a boy should not do the same work. Work is no harder than play. It is only that one must do the work; the play is a matter of choice. A little child is very easily made to think this or that. His will is easily moulded by one who understands him. Beginning in infancy to win confidence and establish loving authority, we should find our children companions and helpers almost from that sweet period.

ANOTHER SIDE OF THE QUESTION OF OBEDIENCE TO PARENTS.

There is to me nothing so absolutely alarming in the history of educational mistakes as the suggestions which we sometimes see in print that it is a mistake to teach children that they must obey their parents. It is often a hard task for parents to enforce obedience with the minimum of pain to themselves and their children, and the question of how to do so has been, and probably always will be, the principal problem in each generation for those parents who are both loving and conscientious. When, instead of helping us to solve this problem, we see and hear advice to the effect that we would better not teach obedience at all, it becomes, as I said, absolutely alarming, when we consider the harm that such advice may cause. Can this new theory really be put forward by any one who has had practical experience in bringing up children, or is it only a theory of the unmarried, who remember how they themselves hated to obey authority when young, and that injudicious, or perhaps brutal, means were used to coerce them?

What is the principle which rules the world, physical, moral, and intellectual? Is it not obedience to law, human and divine? The universe is governed by divine law, and in the same way every country, every state, every business, army, navy, school, and, in fact, every human institution is founded upon the principle that there must be some one in authority, who shall give rules to the rest. Like the centurion in the New Testament, who said, "I also am a man

under authority, having under me soldiers," we are all under the authority of some one, and at the same time most of us have to give rules to some one else. Human life is one endless chain of obedience. It is the universal law. Shall the sacred institution of the family be the only exception? In the family shall no rule be obeyed unless, as some would teach us, that rule be understood and approved of by the immature mind of a child? I once read the report of a meeting of a Parents' Association. After sighing over several sentences of a lady who thought that we had no right to try to rule our children, I came to the following remark: "I am opposed to every sort of punishment excepting *natural* penalties. Life affords education enough if we would only let circumstances act." Then I suddenly found myself saying aloud: "Ah, that is the trouble! Life is going to be a harder *punisher* of our children than we can ever be!"

It is because punishment does come to the undisciplined nature; it is because every fault will sooner or later, and somehow or other, bring its own punishment, that we should tremble at every serious fault which we see in our beloved children. It is because life is such a hard taskmaker, it is because our children will find so few in the future to love them as we love them, and who will correct them as lovingly, that we should try to form in them those characters which will give them future happiness and peace.

Surely it is no tyrannical exercise of authority, no assumption that we are

ourselves perfect, or even especially wise, to say to our children, practically when they are young, and literally when they are older: "We have lived in the world much longer than you, and, of course, we have learned a great deal more than you have, and have had a great deal more experience. That is why we know much better than you do how many dangers there are in the world for your body, your soul, and your happiness. We can't always make you realize these dangers, and sometimes it is not well for you to know about them, and that is why God has arranged that every little, helpless, ignorant child shall come into the world with two parents, who represent the experience of both sexes. If these children live and do

their duty, they will be able to help the child to be happy and good, and to save him from many dangers. They cannot, however, do this without his being willing to be led by them, and that is why it is necessary that every child shall obey his parents while he is a child. When you are a man or woman, you will probably know quite as much as we do, and then we shall not expect you to obey us. Then our responsibility will cease, and we shall only warn and advise; but until then we believe it is our absolute duty, and what God requires of us, to insist upon your letting us guide you. In other words, we must insist that you *obey us*."

ALICE P. CARTER.

NURSERY HELPS AND NOVELTIES.

Screens for Avoiding Draughts and Light.

I.

The draught would come on Baby's cradle in the summer, and of course the fresh air was necessary for him; while in winter the sun or fire constantly interfered with his happiness. A screen was found to be the needful article.

The shape should be simple, with something bright about it to please the little eyes. This is what we did in two rainy mornings: My husband bought four pieces of pine wood an inch square in thickness. Two of them were twenty-five inches long, and the others thirty-six. Two feet were found in the attic for the side pieces to stand upon.

The longest pieces were inserted in

the feet and the others fastened across, one at the top and the other a foot from the floor.

It was painted with black paint, in which was put enough Japan carriage varnish to give it a little gloss.

On one side of this we tacked some rose-red cambric for a foundation. It was dampened and put by a fire, which left it when dry as smooth as paper. With furniture glue Christmas cards, cut out for the purpose, were fastened on. Brass tacks finished that side.

On the other was old-gold-colored canton flannel, with a bunch of peacock feathers in the centre tied with a satin bow. On the top are two brass balls. Plush can be used instead of canton flannel. Staining is rather prettier than paint, and I can send a recipe

if desired. The side with cambric should be well covered with gay cards to please the little ones. M. O.

Council Bluffs, Ia.

II.

I think the question of a dim night-light in the nursery or sleeping-room a very important one, and will tell how I arrange it so as not to be troubled with the direct rays falling on the bed.

I possess a small piece of furniture which I now consider indispensable and invaluable, though when it was given me, on my marriage, I thought it purely ornamental. It is a large banner-screen, and requires but little description, as every one is familiar with the small ones which sit on mantle or table. This one rests on the floor. The banner, about fourteen inches square, must hang the right height to shade perfectly any part of room desired, and it can be made of plush, velvet, felt, or any material which suits the taste and purse of the maker.

The stand, nearly four feet high, consists of a round wooden rod, trimmed square for about an inch and a half at the bottom and inserted in a substantial pedestal of any design, being fastened with a large screw entering from under the pedestal. This stand can be ebonized at home if desired. The cross-piece, to which the banner is hung by five little brass rings, is a small rod finished with acorn-shaped pieces which fit in bored holes in the ends of the rod. Rod and banner are suspended by a cord, the ends of which are glued into the bored holes before the acorn-stems are inserted. It is hung round the top of the stand or to a brass hook. I should think any

one "handy" with tools could make what I describe, or one simpler in construction.

I first realized its usefulness in a long and severe spell of sickness, and the attending physician commended it highly. I read by a bright light at night while Baby sleeps in deep shadow. W.

Superior City, Wis.

The Mother's Diary.

I think mothers who are keeping a diary for their children would be glad of a list of important events, with dates, such as the death of presidents, monarchs, men and women very prominent in art, literature, science, politics, etc., a list not necessarily confined to deaths, but relating to any event that may be of interest to the future man or woman to remember as occurring in his childhood.

I only began a short time ago to make these entries in my "Babyhood" Diary, and have had some trouble in trying to go back over three years for items.

Another feature I have added is "Mother's Counsel." On these pages I write for my children items to read in the future, when, perhaps, their mother may not be with them. I have defined the ambitions I have for them, my ideas of life and its uses; suggested a few bits of advice and warnings, not of the sentimental kind, but of such ideas as I should hope to impress if sure to remain with them.

There is seldom a number of your BABYHOOD magazine that gives me no new idea. An interchange of thought among mothers is an excellent guide.

CELESTE LANGLEY SLAUSON.



THE CENTURY BOOK FOR MOTHERS.

In response to an unmistakable demand, the editors of this magazine have prepared a volume which has just been published by the Century Company under the title of "The Century Book for Mothers." It is based, in a general way, on the teachings of *BABYHOOD*, and the questions and answers—which form so popular a part of this magazine—have already seen the light in the pages of *BABYHOOD*, but there is much new matter in the book, and the entire arrangement is such as, it is hoped, to commend it alike to all young mothers, whether they be readers of *BABYHOOD* or not, as the most complete guide in the rearing of healthy children that has ever appeared in book form. As such the volume has been welcomed by the press throughout the country.

The authors have stated that in preparing "The Century Book for Mothers" they have endeavored to keep in mind two queries: What ought an intelligent mother to know, and, beyond that, what would she wish to know, regarding the care of her child?

As regards the first, the writers have believed that she should understand matters of hygiene rather than the treatment of diseases; that she should know the things which go to the establishing and preserving of

healthful conditions; and that she should be aided in the recognition and avoidance of disease, rather than in its cure. In other words, their object has been to help the intelligent mother to become the alert and judicious guardian of the nursery, rather than to tempt her to play the physician and to dabble in dosing. In the first part of the book special emphasis has been laid on the caring for children, including the feeding, clothing, and housing. The subject of diseases, systematically even if somewhat briefly discussed in Part I., receives additional treatment in Part II.

As to the inquiry: "What kind of information, beyond what she ought to possess, is the mother likely to seek?" the writers could think of no better way of giving such information than to follow the questions actually put by mothers to them as editors, for so many years, of *BABYHOOD*. The second part of the book is therefore almost entirely made up of a large number of questions concerning the many perplexities of daily nursery life, together with the answers furnished. The authors believe that in so doing they have more nearly approached the mother's point of view, and better met her needs, than by any systematic treatment of nursery matters they

could have devised. Their aim has been to cover in this way the common ailments and troubles of early childhood, and the reception of "The Century Book for Mothers" on the part of the public has been such as to lead the authors to believe that they have produced a volume which, for many years to come, will be acknowledged as an instructive, interesting, and safe guide in the care of children both in health and in illness. The publishers have done all in their power to make the book, as to type, binding, and general convenience in handling, an unusually attractive one.

We subjoin a list of headings of the principal chapters:

Part I.—The Preparation for Motherhood—The Nursery—The New Baby—Nursery Routine—Baby's Airing and Exercise—Dress and Clothing—Growth and Development—Food and Feeding—Disorders Associated with Improper Feeding—The Evidences of Illness—Hints Regarding

the Administration of Medicines—Nursery Emergencies—The Household Pharmacy.

Part II. (Questions and Answers.)—Minor Ailments and Troubles—Defects and Blemishes—Colds and Catarrh—Whooping Cough—Difficulties of Walking, and Disorders of the Limbs—Constipation—Various Digestive Disturbances—Eruptions—Common Diseases—Harmful Habits—Phases of Development—Weaning—Sleeping—Bathing—Teething—The Teeth—The Eyes—The Ears—The Hair and Scalp—The Feet—Questions of Dress—Care of the Mother—Special Requirements and Perplexing Points in the Nursery Routine—Feeding Problems.

A very full index will make it easy for any reader of "The Century Book for Mothers" to turn immediately to almost any subject that may be of interest to a young mother in the rearing of her child. The book has been called "the ideal gift for any nursery."

THE MOTHERS' PARLIAMENT.

Advantages of I notice in a recent "Playing Doctor," article in *BABYHOOD* a remark about children not obeying until taken ill, and the difficulty parents have in then making them take medicine. I, as a mother of eleven children, would like to add a morsel of my experience. I find children, as well as grown persons, are saved much trouble and annoyance if their medicine can be arranged in pills. Now, the difficulty is to make a child take a pill; but if the mother will waste (?) a little time when the children are per-

fectly well, let her encourage them to play at being a doctor and having their sisters and brothers as patients, making for them some very minute bread-pills, or even breaking into very tiny pieces some loaf-sugar as pills; she will find they will soon learn to swallow them as pills, and the next time an illness occurs where medicine can be given in this way she will reap the comfort and benefit of the few moments she has thus spent.

Another plan I think good is, when a child has got to take a nauseous dose,

not to *ask* or *coax* it into taking it. This seeming kindness only prolongs the agony; take the dose already prepared, and, with a firm look right into the child's eyes, say: "Now, So-and-so, take this right away, like a brave boy." And do not flinch; arguing with a child only irritates it. *Insist*, and then pet and encourage and praise afterward.

Let the doctor always be looked upon as a friend; never allow a nurse to frighten with threats of the doctor, but let his visits be spoken of as those of a friend who is going to try and make the little ones well.—*M. F.*

A Method of Learning to Read. A recent article upon the habit of reading to young children reminds me of a difficulty which arose from that custom in our family. I was so old when I began to read that I can still remember the effort it cost me to learn—it was so much easier to have some one read to me. My brother's experience is even more plainly impressed upon my memory. He was ten years my junior, and I took delight in reading to him the books in which I was myself interested. Consequently at six or seven he enjoyed hearing Dickens's "Christmas Stories" and "Pickwick Papers," Scott's novels, and the "Legends of Charlemagne."

At length, when we thought it time to teach him to read himself, we found he was no longer interested in tales told in words of one syllable. Why should he try to read them? They were "nonsense." He was bright enough and could give the definitions of many words of three and four syllables; he was observant and could de-

scribe what he saw with unusual ease and clearness. But mother and teacher and sister struggled for years to teach him to read. Even after he had entered the Latin School he could not read without effort. During this struggle I made up my mind that if ever I were blessed with children they should learn to read from blocks and picture-books. I am beginning to carry out my theory. One of my twin boys, just two years old, knows the entire alphabet and takes great delight in pointing out the letters on passing horse-cars and on street-signs. To point out an "I" or an "A" is no greater mental effort to him than to point out a "man" or "dog."

His brother knows some of his letters, but not all. I do not force them in the least. They bring me a block and point to a letter, and I give its name. They often find two of a kind and bring the pair for my approval.

Happily my boys are strong and well, otherwise their father, who is a physician, might object to the carrying-out of my theory.—*A. S.*

**Mutual Confidence
between Mother
and Child.**

There is a way in which parents, mothers especially, may do harm to their children from want of forethought; that is, by not patiently listening to their confidences, sharing their little joys and sorrows, and making them feel that there is no one in the wide world like mother for playmate and companion. One deeply impressed in reference to this says: "It is really pitiful to see a good, conscientious mother resolutely shutting herself away from so much that is best and sweetest in children's lives

for the sake of tucking their dresses and ruffling their skirts. How surprised and grieved she will be to find her boys and girls at sixteen regard 'mother' chiefly as a most excellent person to keep shirts in order and to make new dresses, and not as one to whom they care to go for social companionship!"

Yet before they are snubbed out of it by repeated rebuffs, such as "Run away; I am too busy to listen to your nonsense," "Do amuse yourselves with your dolls and baby rags," etc., the children naturally go to their mother with all their little sorrows, and

pleasures; and if the mother can only enter into their plans how pleased and happy they are! Such a shout of delight I heard last summer from a lady's croquet-ground where her little girls were playing: "Oh, goody, goody! mamma is coming to play with us."

She was a busy mother, too, and we knew would much have preferred to use what few moments of recreation she could snatch from work for something more interesting than playing croquet with children not much taller than their mallets. She has often said: "I cannot let my children grow away from me; I must keep right along with

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them all the time. And whether it is croquet with the little ones, or Latin grammar and baseball with the boys, or French dictation and sash-ribbons with the girls, I must be in it as far as I can."

Is not this the true mother-heart? And will not her children at all future

times "rise up and call her blessed"? Indeed, they will ever reverence her, her teachings and example, and cherish her most lovingly in her declining days. May the number of such devoted mothers and such worthy followers increase in our land a hundred-fold!—A. K. N.

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(ESTABLISHED A.D. 1715.)

U. S. A.: 81 & 83 Fulton Street, New York.

W. LLOYD WOOD, Gen. Agent in U. S. and Canada.

Babyhood.

Devoted exclusively to the care of infants and young children and the general interests of the nursery.

VOL. XVIII.

JANUARY, 1902.

No. 206.

THE CARE OF CHILDREN'S FEET.

To the Editor of BABYHOOD:

In your December issue you speak of the harm that may be done to children by improper shoes. Could you describe what are the consequences of ill-fitting shoes? Are they anything more serious than corns, which, it seems to me, children have pretty generally nowadays, no matter what may be the shape of the shoes worn by them?

Richmond, Va.

S. A.

There are various ill-effects resulting from foot-covering which is either too small in length or breadth, or too large, or improperly shaped.

The effects of shoes (and under this name it is intended to include boots and any other form of ordinary outer footwear) which are too large are rarely met with, and are, when seen, of minor consequence. They are chiefly the following: If the shoe is exceedingly loose it may by its motion chafe the foot and produce calluses or excoriations, and, further, it may by its looseness give an insecurity of footing that may strain the foot or ankle. But these occurrences are so rare as to scarcely deserve mention.

If a shoe, being otherwise of proper size and shape, is simply too short, the result is necessarily a crumpling-up of the toes. The shoe pressing

against the ends of the toes and nails causes irritation, particularly about the margin of the nails, and the result of long-continued irritation is some kind of an inflammation. Besides, if the toe is bent beyond the normal curve by the pressure against its tip, the joints, being pushed up, come in contact with the upper leather of the shoe, and the result is the formation upon the joint of a more or less aggravated type of corn. When shortness of the shoe is combined with the faults of construction presently to be described, then great distortion of the toes is inevitable. The damage of the short shoe is chiefly shown by the toes, for the foot itself is sufficiently strong to resist any changing of the longitudinal arch by any lengthwise compression that the skin will tolerate; and the friction of the shoe against the back of the heel is about the only injury behind the toes.

Narrowness of a shoe works mischief principally upon the front part of the foot—that is, upon the toes, and especially upon “the ball of the foot.” The transverse arch of the foot should be flexible, and flatten and widen whenever the weight of the body

comes upon the foot. Without this the security, and, still more, the elasticity, of the gait is interfered with. In proportion as a shoe is too narrow this arch will be cramped. If it is entirely too narrow the foot cannot be forced into it, and then, of course, no damage can be done; but if the foot can be gotten in by rolling together of the sole of the foot, very serious injury to the foot is likely to follow. The kinds of injury—supposing a shoe to be long enough and correctly shaped, but simply not wide enough—will probably be these: First, the sole of the foot, which at the ball should nearly all touch the ground when weight is borne upon the foot, is rolled upon itself, the amount of this rolling becoming gradually greater until the centre is doubled into a deep wrinkle, precisely as a tight glove crowds the thumb into the hollow of the palm. As before said, this cramping destroys the elasticity of the step. Besides this, the joints made by the junction of the great and little toes with the foot are subjected to pressure where they ought not to be. Naturally the pressure comes only on the bottoms of these joints, which are well prepared to receive it. But when the shoe is narrow and the foot crowded into it, the sides of the joint are subject to the pressure of the shoe from the attempt of the arch to expand.

Usually the result is tenderness and inflammation, which may be only in the skin—a corn or callus—or it may go deeper and affect the joint structures themselves.

It hardly need be pointed out that the shoe should, for really comfortable and graceful walking, be as wide as

the foot. It is surprising how frequently one who gives attention to the deformities and disablements of the feet is told by sufferers, who make the statement in good faith, that their shoes are too wide. In fact, the shoe is almost never even nearly as wide in the sole as is the foot.

In speaking of the effects of narrow shoes, the damage arising from misshapen shoes has incidentally been alluded to. Sufficient width is very desirable, but it is not the only need. A very ample, even unnecessary, amount of leather may have been put into a shoe, and it may still be unsuitable for wearing. This is made very evident when by accident the foot is put into the wrong shoe. It is big enough, but ill-fitting and uncomfortable. The type of an improper shoe made with an honest intent is the so-called "straight" shoe, which has both sides alike, so that it may be worn indifferently on either foot, and thus, as some think, better keep its shape and endure. Now, unless a shoe is constructed on the ample plan that "can take in all and verge enough for more," such a shoe is entirely faulty; it presupposes a foot of the same outline on the inner as on the outer side, which is never seen, and only approximated by the perversions of years. The idea is no less stupid, although its stupidity is not so grotesquely evident, than would be the suggestion to change one's gloves from one hand to the other daily to insure evenness of wear. The ordinary shoe sold in the shops is no improvement on this. It has not even the supposed ground of economy to recommend it. It does recognize that

the two sides of the foot are unlike, but it does not attempt to follow the shape of the foot except "afar off." It can only fit a foot that has already been trained out of shape. It has been sufficiently insisted upon that the great toe naturally rather diverges inward *from* the other toes. With remarkable uniformity the ordinary shoe is sloped away on the inner side, so that the great toe is forced outward *toward* the other toes. How this custom originated it is not easy to see, but probably it was from some odd idea of beauty, like that of the Chinese, who so systematically and completely cripple the feet of the women of the higher ranks.

The effect of this narrowing of the front part of the shoe has been already repeatedly shown, for it almost uniformly happens that whatever other faults a shoe may have or lack,

this one of crowding the toes together is present. The results, in order of sequence, are usually about as follows: pressure of little toe inward toward middle of foot, with formation of callosus at the base of the toe; crowding of great toe outward, with beginning inflammation of the great toe joint (bunion), distortion of other toes by their overriding one another, the second toe usually riding on the backs of the first and third; and, lastly, corns. Other complications arise if the shoe is at the same time too narrow and too short. The matter of faulty shape needs more insisting upon than narrowness of shoes, because the latter is easily recognized by the buyer; but the faulty shape, being almost universal, is accepted by many thoughtlessly as the true shape of a foot, and by others grudgingly for want of better.

TEACHING NUMBERS.

When the child has gained considerable proficiency in reading, say in ten or twelve weeks, number work may be taken up. He has already had numbers in his reading lessons, and has obeyed all instructions, as "Lay three blue circles," "Make a cross with four red sticks," "Put five purple squares in a row," so he has a fair idea of numbers as *wholes*, up to six or seven.

Now, the methods of teaching number to-day are vastly different from those in vogue when you and I were children. How well we all remember those dreadful "table cards" which had to be mastered ere we were pro-

moted from the Primary School! Forty-eight tables those wretched cards held, twelve tables in each of the four fundamental rules, or, as we little folks used to say, twelve "ands," twelve "lesses," twelve "times," and twelve "ins." Think of it, five hundred and seventy-six combinations, to be learned by rote and recited "forward, backward, and skipping around"! Our little ones have no such bugbear set before them. They learn the four operations by working out each problem with objects, and this must be remembered in teaching your little one—object teaching *must*

precede figuring, if you want arithmetic to be anything more to him than "juggling with figures."

First take up *two*. Now don't say "But he knows two already," for that is one reason for beginning there. "From the known to the unknown" is one of the rules to be always followed. Ask him to bring you one block, and then one more. Ask him how many he has brought. Tell him to put one book on the table, then another book. Let him draw on his blackboard one apple and one more apple. Now you could teach him the signs $+$ and $=$, calling them "and" and "are," and he will draw many little number stories, as, "One kitty $+$ (and) one kitty $=$ (are) two kitties."

A little encouragement now will develop a love of drawing which will be of great benefit to him. Never laugh at his drawings, no matter how funny they may be, and he will soon illustrate every problem very satisfactorily to his little self. Don't be afraid to take your turn at it, too. "Oh, but I cannot draw," I hear you say. A child is easily suited. With his vivid imagination a few marks will seem a lifelike representation of a cat, tiger, or pig, even if they look very much alike. Squares, circles, triangles, stars, flags, tops, boxes, leaves, fruit, flowers, and many other objects are very simple indeed to draw. Do not spend more than ten minutes at a time on number work at first. Devote the whole time, during the first lesson, to the fact that one and one make two. I should not teach any signs but these two until I took up figures. Next day ask him to get two apples, and give you one. Now ask, "How many

apples did you get?" "How many did you give me?" "How many had you left?" "Then one apple from two apples leaves how many apples?"

"Get two blocks. Give me two. How many have you? Then two from two are how many?"

In the same way show him that there are two ones in two, that there is but one two in two, and that one-half of two is one. In teaching one-half, let him cut apples, bread, paper, and many other things into halves, to insure his understanding the fact that one-half is one of two *equal* parts of a thing. This seems so simple to us, but one has but to listen to a child's talk of the "biggest half" to see that it is not so simple to its mind. After he has carried out your directions and seen for himself that two less one is one, for instance, tell him a number story like this: "If Santa Claus brought you two new drums, and you gave one to poor, lame Robbie, how many boys would have drums? How many would you have left?" Encourage the child to tell you number stories, and always answer his stories as he does yours. I have never seen a child who did not delight in "being teacher" and telling these little stories. When he shows signs of weariness, stop at once.

Number work can be correlated with busy work if the mother has obtained some of the material suggested in the Werner Primer. For instance, the child may make a paper chain in twos—two red links and two green. He may lay tablets or sticks the same way, or he may see how many different patterns he can make, using only two sticks in a pattern. Do not have

this busy work immediately after his lesson in number. It is well for the child, however, to have a regular time each day for busy work, as it will prepare him for the enforced quiet of the school room later and for the regular routine there. It is a great help to the mother, too, as it answers the ever-recurring "What can I do now, mamma?"

If this kindergarten material is beyond the mother's purse—and kindergarten supplies *are* expensive—she can make very good substitutes herself. A box of wooden toothpicks will do nicely for stick laying. These can be used as they are, or colored with diamond dyes. The diamond Easter dyes come four colors in a package. I have colored light brown manila paper with these dyes, pressing each sheet with a hot iron. This and the colored wrapping paper make good chains, circles, squares, etc. This kindergarten work is a great help in the teaching of number.

When the child knows all about two, take up three. He may learn that one and one and one are three, that two and one are three, and that one and two are three, which is not at all the same thing to the child. He can learn how many ones and how many twos there are in three, and what three less one and three less two are, always first actually doing the work, finding it out for himself by means of objects, then by means of number stories and drawing. Never mind if three mice in a nest *do* look like three long-tailed commas enclosed by a very crooked line. If it illustrates the point that is sufficient. You are teaching number, not art. Take up

one number at a time in this way, being sure that he knows one number before taking up the next, and having for your motto, "Make haste slowly." Take up the first ten numbers in this way before beginning written work.

"But who ever heard of arithmetic without figures?" you say. That is just what we are trying to guard against in the child's mind—the idea that figures is all there is of arithmetic. Arithmetic is the science of *number*, not of figures. As the written word is but a symbol of the spoken word, so the figure is but the symbol of the number.

When the first ten numbers have been taught objectively, the child is ready to use figures intelligently.

The first written lesson should be one and two. Carefully explain the signs —, \times , and \div , calling — "less," \times "times," and \div "made into." From these two numbers you can get all these combinations:

$1 + 1 = 2$	$2 - 0 = 2$
$1 - 1 = 0$	$1 \times 0 = 0$
$1 - 0 = 1$	$1 \times 1 = 1$
$2 - 2 = 0$	$0 \times 1 = 0$
$2 - 1 = 1$	$1 \times 2 = 2$
$2 \times 0 = 0$	$2, 1's = 2$
$2 \times 1 = 2$	$2 \div 2 = 1$
$0 \times 2 = 0$	$2 \div 1 = 2$
$1, 1 = 1$	$1 \div 1 = 1$
$1, 2 = 2$	$\frac{1}{2} \text{ of } 2 = 1$

Teach them in this way also:

$\frac{+1}{2}$	$\frac{-1}{0}$	$\frac{-1}{1}$	$\frac{\times 1}{2}$	$\frac{\times 2}{2}$	$\frac{2 \div 1}{2}$
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In this way they become used to the different forms of written arithmetic. Do not expect the child to conquer all this at one lesson, simple as it seems. The child must get used to the signs, which are all new but

+ and =, and should be kept on these simple combinations till he is sure of them. If you think combinations such as 2×0 unnecessary, try him on it, and see if he does not say two.

If he does not learn this now, it will trouble him later. If he says $2 \times 0 = 2$, tell him to put two blocks on the table. Now tell him to pick up nothing two times, and see what he has. Have him go through the motion twice and he sees the point at once. For 0×2 , tell him to put up the blocks no times, and see what he has in his hand. Always call 0 "nothing."

This may sound foolish, but six years' experience in the schoolroom has proved to me that it is the surest way to give the child the necessary grasp of the subject. I often find a child of nine or ten, who has not had this preliminary training, doing an example like this:

$$\begin{array}{r} 310 \\ \times 5 \\ \hline 1555 \end{array}$$

Ask him what five times nothing is, and he may say five; but ask him to pick up nothing five times, and he sees his mistake at once.

In teaching three, teach one-third. I have found one-third and two-thirds the most difficult things to teach in all of the first year's work. It takes a good deal of actual practice in dividing apples, candy, and other things before the child can grasp the meaning of two-thirds. In teaching four, teach quarters. Usually a child understands these better than thirds.

When you think he can do anything up to five, review him in this way, letting him fill the blanks:

$3 + = 4$	$2 \times = 4$
$2 + = 4$	$4 - = 0$
$4 - = 2$	$- 2 = 2$
$+ 1 = 4$	$\times 2 = 4$
$4 - = 3$	$4 \div = 2$
$+ 3 = 4$	$\div 2 = 2$
	$- 4 = 0$
$\frac{1}{2}$ of = 2	
$\frac{1}{2}$ of = 1	
2 's = 4	$\begin{array}{r} 2 \\ \times 2 \\ \hline 4 \end{array}$
$1 + = 3$	$\begin{array}{r} 2 \quad 4 \\ + 2 \quad - 2 \\ \hline \end{array}$
$3 - = 1$	

Do not drop one number when you take up another. Always include it in your slate-work. Oral problems should go hand in hand with written ones always.

When you take up eight, teach liquid measure. Let him discover for himself that two pints make a quart, etc. Now, don't say, "I can't have him messing with water." Let him be a milkman, with water for milk, and enter into the spirit of the play. Pay him in real money; it will not hurt it any, and will help him in learning to make change. In this way a hard lesson can be turned into a delightful game. Nearly every child enjoys number work if he is properly taught.

Perhaps you think this a very slow method of teaching number, but Colonel Parker, who is a recognized authority on Primary Methods, says he never knew ten to be thoroughly taught in a year. Don't hurry the child, don't lose patience with him, and *never* call him stupid.

Remember the first ten numbers are the foundation of all his future mathematical work, and, as in learning to read, the foundation should be broad and solid. If he hesitates in written work, let him illustrate it.

If, in addition to the work laid out in my article on "Teaching to Read," you teach him the first ten numbers in this way, including the coins to dimes, the fractions $\frac{1}{2}$, $\frac{1}{3}$, $\frac{2}{3}$, $\frac{1}{4}$, and $\frac{3}{4}$, the days of the week, the gill, pint, quart, peck, and bushel, he will be ready to enter the Second Grade of any school and take up the new work.

During this year he will have spent about an hour a day, in short periods, at his studies, and can spend the rest of his time in free play, in his own home, getting more strength, both

physically and morally, before going out from the sheltering mother wing into the world. And when he does go, he can take his place with those of his own age, instead of beginning with the "babies" and being laughed at for his size by those above him. This of itself will make him hate school, whereas we want him to love it, and do his best in it, as afterward in the world of men, for which his school life is to fit him.

ELIZABETH F. GUPTILL.



MUSIC-STUDY FOR YOUNG CHILDREN—POSSIBLE DANGERS AND POSITIVE ADVANTAGES

Within recent years several German doctors have suggested that there were possible dangers in making young children study music. Nervousness, fits, sleeplessness, and over-excitability were cited as due possibly to music, and parents were warned against allowing nervous children to sing or to play on the piano or violin. It was said that in such children the emotions needed repression rather than stimulation.

May we not suspect these learned gentlemen of spite? They have suffered from the piano-practising fiend. They are among those who believe that piano-playing should be in the control of the authorities, and allowed

only under certain restrictions, and they throw forth these alarming suggestions in the hope of obtaining relief.

I have asked a great many persons whose business it is to teach music, what they thought as to this question, and the weight of opinion is wholly against these alarmists. It may be argued that self-interest would prompt every music-teacher to take arms against any such theory, so that I extended my inquiries from the teachers to the doctors who might know of such cases; and again the dangers mentioned as possible are said to be so slight, as compared with the positive advantages, that they may vir-

tually be ignored. I have, however, heard of children who seemed to be affected by music more than was good for them; but in such cases the teacher was commonly more to blame than the music. If a child complains of headache after every music lesson, it is safe to stop. The same may be said of reading or writing. That a sickly, nervous child is better off without lessons of any kind when they are found to have an irritating effect, needs no argument.

A friend of mine has a two-year-old child who never goes to sleep so long as the sound of a piano is heard in the house; an attempt to put him to sleep by playing to him has just the opposite effect. We may assume that such a child needs no lessons in music for several years; he will absorb as much as is good for him. The children upon whom music appears to exercise no marked effect are probably the ones who will gain most by short lessons.

A physician who has devoted much attention to singers' troubles tells me that, in the few cases of possible injury through singing, the evil could always be traced to an unnatural system of breathing. A child who talked in a strained voice and breathed spasmodically would naturally make matters worse by attempting to sing. Outraged organs would protest and pain would result. Make the child use the voice naturally and all trouble will disappear.

The advantages of beginning to teach a child music when other training is begun are many. Aside from the positive enjoyment which even children so young as three years of age

obtain from singing, the general health may be improved. Singing induces regular, full breathing. The ancients were convinced of the physical benefits of music. Oribasius gives a minute account of the effects of singing in preventing, curing, or alleviating a great number of diseases, such as lung trouble, bad digestion, etc. Galen spoke highly of flute-playing. As to the beneficial effects of music upon the manners and morals of people, literature is full of the subject.

Mr. Frank Damrosch, who has taught music to thousands of children, says that he knows of no instance where injury has resulted. He has had classes of children under four years of age who sang nursery rhymes and other little songs with enthusiasm. But his practice is never to give young children more than a few minutes of music every day. With children under seven years of age, five minutes a day ought to suffice.

Whether or not the early cultivation of music helps materially in giving a child good taste in music is to me still an open question. I can recall so many instances in which the utmost cultivation and care produced nothing, and, upon the other hand, instances in which musical taste or faculty seemed to appear without cultivation, that I am inclined to look upon the love or appreciation of music as something not to be taught. But, when present, it may be developed. It is said that Richard Wagner as a boy showed no particular love for music. It was only after hearing a Beethoven symphony that this master-creator of music said to himself: "I will be a musician."

Perhaps for the very reason, however, that extraordinary musical genius may lie dormant until awakened, ought every child to be tested and given at least the opportunity to do wonders. It is also to be said that in instrumental music technical facility of a high order is only to be obtained by early training. For the violin or the piano, the fingers must be prepared. Five minutes at the piano when the child is six years old may do more good than an hour's work a few years later.

Many parents will ask: "What are we to do when hours of painful practice—painful to parents as well as to children—and years of lessons from the most competent teachers we can find, fail to produce anything?" An old friend of mine said to me the other day: "I do not know what to do with my eldest girl. We began to teach her music when she was three years old. We have spent, literally, thousands of dollars upon her musical edu-

cation. She is now sixteen, and her playing of a Chopin nocturne sounds like a caricature. What ought we to have done and what ought we to do?"

I sympathize so keenly with this sufferer that I should advise giving up the attempt to make bricks without straw. If a child of three shows aptitude for the piano let him begin his little lessons. If not, wait until the disposition manifests itself. The world can afford to lose a few phenomenal players if we can escape some ills I know of.

Again, the appreciative faculty may be well developed without implying any executive or creative faculty. I am very fond of music myself, and think that I know good music from bad. But the lessons I received for years in piano playing resulted in nothing so far as piano playing is concerned. And I do not believe these lessons helped me to any love of music—rather the other way. H.

NURSERY HELPS AND NOVELTIES.

Another Form of "Pen."

Rousseau once suggested that children be kept in an empty, padded room. Put Baby off in a room by himself? No, indeed, we could not do that, but we have adopted the idea with some improvements.

There is a curious corner in one of our rooms which Jack calls "the little pig's pen," but which Aunt Henrietta declares is "the little king's palace." This is a sort of pen in which Baby can safely play while nurse and mamma are attending to other duties. It is in

a warm corner and free from draughts. As the carpet was not sufficient, we made a padded cushion to fit the pen; but this is not always necessary. A carpenter made our screen, but it can easily be put together by one who is at all "handy" in such matters.

Make a fence of upright laths four feet high; two folds, each six feet long, joined by hinges. Fasten iron hooks at the ends of the folds, so as to fix the screen by hooking it into iron supports in the walls, at the same distance on each side of the corner. The

pen can be opened like a gate, when Baby goes in, or taken off and folded up against the wall when not in use.

This little room, six feet square, is Baby's realm, and should be a "Happy Valley," and never a place of punishment, else the child will not be contented to stay in it. When the baby is first put in the pen, nurse or mamma should play there for a while with him, and thus accustom him to it as a pleasant place.

The laths should be just far enough apart to make it impossible for the little one to put his head between them. Pictures can be pasted on; of course, they will soon be torn off, but they can be renewed with very little trouble. Keep the corner well supplied with simple toys, with which the children cannot hurt themselves; and remember that a pailful of spools will be as entertaining as something expensive which would be easily rendered useless.

Chicago, Ill.

H. A.

The Evolution of the Clothes-Basket.

One of the most useful and inexpensive of all articles for the nursery is a common willow clothes-basket, well wadded and lined, and made as pretty with muslin and lace as the taste and purse of the mother will allow; then, with a large pillow and a small one, we have a lovely and a comfortable bed for the baby for the first six months of his life—one that can be placed near or more remote from the fire, according to the temperature of the room; one that can be put on the bed to be quite out of the way, or easily carried into another room, even if Baby be asleep in it, when sweeping and dusting are going on, or carried up and down stairs gently

without disturbing Baby's slumbers, if it be necessary.

Then, when Baby gets a little older, and wants to sit up and amuse himself with playthings, snugly ensconced in this basket, with pillows to support him, he is safe from draughts and accidents; and when its usefulness as a nursery article is past it is not a useless thing to cumber the storeroom with until the advent of another baby, but, stripped of its finery, it can be relegated to the laundry, where a new clothes-basket is always welcome.

Jackson, Miss.

E. C.

Paraphernalia for the Nurse.

My monthly nurse was much pleased to find a cupboard ready, containing only such things as she would be likely to need—alcohol, ammonia, brandy, borax, carbolic acid, Platt's Chlorides, liquorice powder, an alcohol-lamp, syringe and breast-pump, and, on a little tray by themselves, sweet-oil, vaseline, castile soap, a fine, soft sponge, a box of baby-powder, and a thermometer. By keeping these things on a tray, room is left in the toilet-basket for the clothes, they are easier to get at, and there is less danger of their being upset. I had also a pretty little set of tray dishes, bought here and there as I found what I wanted—a small cup, saucer, and plate, a gruel-bowl, a wee cream-pitcher and sugar-bowl, milk-pitcher, and a very tiny pepper and saltbox; these did not crowd the tray as larger pieces would, and I am sure I ate more from having such dainty little dishes to look at.

Worcester, Mass.

L. S.

The Sunday Closet.

Perhaps my plan for making Sunday the pleasantest day of the week

to the little ones may be of use to other mothers. A small wall cupboard, called the "Sunday closet," receives some of the children's favorite toys and picture-books, perhaps some too delicate for every-day wear and tear. On Saturday night all toys and books used during the week are put carefully away, and on Sunday morning the charmed closet is opened and its treasured contents received by eager little hands. Of course something new can be added occasionally, but not often enough to be expected and so spoil the surprise. On Monday morning the more familiar belongings are welcomed like old friends returned from a visit.

G. T.

Fitchburg, Mass.

The Emergency Drawer.

I would like to describe what I have found an important adjunct to the nursery.

In every household there are occasional, in some frequent, calls for bandages, court-plaster, vaseline, etc., and it is the exception where it is easy to lay the hand instantly upon the thing wanted. Of course it is in the house; but where? And much valuable time is often spent in the search.

The way out of the difficulty is simple, and has proved a daily blessing where it has been tried.

The "Emergency Drawer"—the name is a fitting one—is as well known as the china-closet, and the youngsters often run to it and apply the simple remedies themselves, often tying up a cut as well as their elders.

The drawer should be centrally located, to be easy of access, and should always contain the following articles:

Vaseline, court-plaster, adhesive plaster, rolled bandages of different widths, soft cloths for mustard plasters, old linen, and some cotton wool.

The adhesive plaster can be bought in spools of ten yards each, of different widths, and will keep indefinitely.

The bandages are made of soft, old linen or cotton, or, if these run short, cheese-cloth will do nicely, it being used by many surgeons as a stand-by. To make them, cut or tear the material into long strips—5 yards is the professional dimension—and from half or three-quarters of an inch up to three inches wide, which will do for anything. Double over about 6 inches at the end, folding again and again, until it can be doubled no longer, and on the core thus obtained roll the rest of the strip hard and smooth, by placing it on the knee and rolling with the right hand while the left holds the goods.

Any one who has once used these for dressing even the simplest wounds will appreciate their convenience.

The children enjoy rolling them on rainy days or dull evenings.

In addition to the articles above mentioned may be provided a rubber hot-water bottle, rubber and glass syringes, an alcohol stove, borax, strings, and strips of flannel. The latter are for outer wrappings for cold compresses, a sovereign remedy in some kinds of sore throat or cough.

Each mother will soon find out her own needs and vary the contents accordingly, but a place for these simple appliances should be in every well-regulated home.

O. E. E.

Canton, O.



AN EXPERIENCE IN HOME INSTRUCTION.

I am tempted to give the readers of *BABYHOOD* an account of how I taught my little girl of six to read and write. I departed from the usual methods because another way was forced upon me by the fact that my little Jane is a child of rather shy, retiring ways, and, though not at all backward for her age, somewhat slow to learn.

I am not an admirer of precocious children, and, up to the completion of my little girl's sixth year, had given the question of her instruction no thought, quite content to wait for the natural development of the mental powers which I am confident she possesses in at least the same degree as most children. However, a beginning must be made at some time, and last November my husband and I concluded to send little Jane to a kindergarten, thinking that the contact with other children would overcome her shyness, and that kindergarten methods would be in every way adapted to her needs. Contrary to our expectations, however, the systematic instruction which formed a part of the course in this particular kindergarten placed her at a disadvantage as compared with other children, and her timidity increased, instead of being overcome, as we hoped it would be. She confessed herself that she did not learn as easily as other children, and that

her teacher had called her a "slow coach."

I need not say that we lost no time in abandoning the kindergarten experiment. And right here let me remark that its ill success has in no way lessened my faith in the general excellence of the kindergarten system. I simply became convinced that it did not work well in this particular case, and that I should have to try some other plan better suited to the needs of my little girl.

I began with setting apart every day an hour—never *more*, and often less, according to her inclination—to "playing school." Strange to say, I began with geography. A large map in her papa's study had long attracted her attention. She begged to be told the meaning of "those funny lines," and great indeed was her delight when she learned that they were rivers and countries. France, England, Turkey, Russia soon became familiar names to her, and she took especial delight and pride in pointing out these countries with her stick strictly devoted to this particular purpose. "A little geography" soon became a reward for particular excellence in other studies. These, with a little manipulation on my part, soon proved as attractive as "geography playing." As spelling, even of simple words, seemed

quite a task to her, I determined to make the attempt to invert the usual process—to teach her reading first and spelling afterward. I selected a few simple rhymes, read them to her a few times, and then let her “read” them herself. She was overjoyed at having the book placed in her own hands. A few words she remembered; the others I pointed out to her. After a few lessons she actually read the poem, the memory assisting the eye, the eye the memory. In a few days I yielded to her entreaty for another poem, and in a short time she read half a dozen perfectly, the rhymes and many of the printed words (monosyllables mostly) remaining her intellectual property. She soon recognized them in other connections, and, once being familiar with their appearance, the spelling of these words was learned without difficulty.

Writing was a source of unmixed pleasure to her from the beginning. I allowed her to copy on the black-board letters and words without correcting her, or attempting to teach her

in the order of the alphabet, and soon passed to short epistles to her cousins. As in the reading lessons, there was absolutely no *instruction* given; the child “played” letter-writing as long as she liked and seemed good to me.

Now, I repeat that I am comparatively indifferent to the present result of my efforts to teach my little girl. Her handwriting may be good or bad for a child of her age, and she may know much or little as compared with other children. The important point is that she has learned in this way easily—in fact, without knowing that she learned—whereas systematic instruction, as usually practised, would, I am confident, have been injurious to her.

I may add that I do not consider myself a good teacher either by nature or training, and that I should be glad to hear from others more experienced and perhaps more successful than myself concerning home instruction.

O. S.

Kansas.



AROUND THE TABLE.

In these times of extremes it may be that the changing etiquette of the table receives an amount of thought and consideration better bestowed on things of more real importance. It is perhaps true that the violation of society laws affects too largely the social standing of an offender. A mere glance at the host of books on eti-

quette, social customs, good manners, etc., gives an inkling of this. Yet it is an unalterable fact that the apparently trivial details of courteous social intercourse are and must be an index of character, and among these details none stamp a man more definitely than those concerning his table conduct. Nowhere can the effect or lack of early

training be more readily remarked. It is lamentable, in view of this, to observe how little thoughtful attention this matter receives from otherwise careful parents. Mothers, particularly, often spend hours on details of the little wardrobe, for instance, infinitely more trivial and unimportant, and utterly neglect or overlook the mistakes and faulty ways at table, many of which will become more pronounced with age. It is an error to suppose that time will correct these. Time does not correct everything. An observant child may, as it grows older, perceive that its ways are not those sanctioned by good society, and will perhaps make strong efforts to acquire these, but the indescribable easy grace of one to the manner born, which never slips and is never betrayed, is something derived unconsciously from the surroundings of childhood.

It falls to the mother's lot chiefly to keep watch over the individual ways of the little people, and often she is led into one of two errors concerning them; a Scylla and a Charybdis are ever ready to engulf her. If she takes thought for the grown-up members of her household, she will perhaps consign the children during meal-times to the care of a servant, and expect them to acquire neat, dainty ways from one who possibly received her notions of the fitness of things around a board where each one, armed with a two-pronged fork, speared his potato in an iron pot, and devoured it at his ease, jacket and all. It is unnecessary to describe in detail the unhealthy, disagreeable habits of eating in vogue at some kitchen tables, and these are the ways to which many little ones fall heir.

There are no doubt nurses and servants, having the natural instincts of ladies, who would lead the children into correct habits as carefully as a parent could, but such are rare, and a mother should see for herself that certain faults, such as rapid eating, noisy drinking, etc., faults which seem to belong as naturally to childhood as to kittenhood, are patiently corrected.

Again, if, anxious to avoid the risk of depending upon others, the children are allowed to eat at the table with their elders, mother often bestows so much attention upon them and permits their wants and needs to trench so largely upon the comfort of those about them that all pleasure and repose are destroyed, and meal-times become merely wearisome periods of unrest and confusion, to be endured but not enjoyed. Yet, if managed rightly, it is perhaps the very best way for both to have the little ones sit at table with their parents. If made comfortable, provided with suitable food and occasional quiet directions, they can have many advantages of which they would otherwise be deprived.

I point out then, merely as hints, a few matters which have fallen under my own observation. First, as to a comfortable chair. Our Dutch grandfathers, a hundred years ago, settled that question summarily by dispensing with a seat altogether, and a child stood by the paternal board until he had attained the dignity of years befitting a chair. That was an uncomfortable error, we think, of those Van Hasbroucks and Van Rippers, and one utterly at variance with the feelings and taste of their opposites, the old

Greeks, who pushed their love of ease to the other extreme and brought their couches to the side of the table. We of course occupy the happy mean, with one fault, however: our dining chairs are as a rule of one height for short or tall, young or old, and, as often happens, are quite as uncomfortable on this account for grown-up people as they must be for little ones. For these latter I have often had a keen sympathy, and indeed it is quite painful to witness the efforts of a child with its chin just reaching above the table, or, on the other hand, with its knees, on a level with the dish, struggling to convey a spoonful of liquid from the bowl to its mouth without deluging its lap. If the high-chair, then, is not outgrown, see that its occupant is not too high above the plate for easy use of spoon, fork, etc.; or if an ordinary chair be used, let a cushion be provided to fix the desired height. But it is, in any case, wise to have some little protection for the tablecloth in the shape of an extra napkin, or a daintily worked piece of linen, but let that ancient abomination, a square of oiled-cloth or a gaudily painted tin tray, be tabooed. Hungry children are not over-sensitive to coarseness of texture and crudeness of coloring, I admit; yet I think no dinner could taste perfectly well served so untastefully.

Then if there be special china for the little one's use, have it good of its kind. Do not think that anything bright and unbreakable is the right sort of thing for a child. One seldom sees nowadays our old-time friend the gilded mug, with its unfailing inscription, "a good child," or the plate with

the uninteresting, badly drawn monochrome of landscape in the centre, but there are modern perversions of form and taste to supplant them, and these should be avoided. If attractive, truthfully decorated china cannot be provided, there is always good, plain white ware, which is at least harmless. Let us, whenever we can, keep our children from contact with the false in art as in everything else.

In the matter of neatness, a child's pride may often be made an efficient help; or perhaps some little inducement be offered to tempt to careful ways. I remember hearing of one family where after each dinner the little ones were given a penny if the cloth about their plates was perfectly clean, and were required to forfeit one for every spot found there. This plan, however good, I must confess did not always work as it was intended. On one occasion a visitor observed the little girl rubbing her finger softly on the table-cloth. "What are you doing, dear?" she asked. "Keep still, auntie," she answered, "keep still; I'm just rubbing two spots into one."

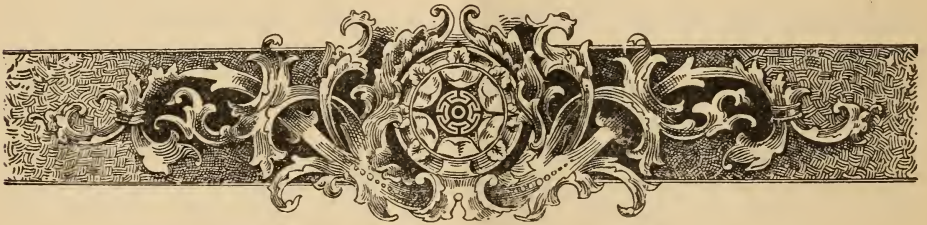
Then as to the food itself, there is always needed some careful forethought to provide enough and of the right sort for the hungry little mouths. Of course the menu should not be planned solely for the children, but if, as often happens, some of the dishes served are for various reasons unfit for childish digestions, there can be some suitable substitute provided. I think that is particularly true in the matter of dessert. There are many things included in this course which a child is by necessity denied, and I have often watched with sympathetic admiration

the fortitude which was exercised to master the overwhelming disappointment when something of a very attractive appearance was set aside as "not good for little folks." Some harmless dainty, if but a bunch of grapes or an orange, might have taken the place of the indigestible compound, and the disappointed little soul been made happy. Do not think I make too much of the pleasure of eating; I merely look at it from the standpoint of a child, who lives in its joys and sorrows rather more intensely than we older folks do. To a child few things count for trifles.

Last and most important, the ways

of the child itself—the reverent quiet during grace, the polite answer, the right use of fork and knife, spoon, glass, bowl, etc., the manner of masticating the food, the part he should take in the conversation—all these are matters over which a mother must keep constant guard for at least three or four years, and often much longer. But whatever correction has to be made, let it be done unobtrusively, particularly when others are present. No one, least of all a parent, would willingly wound the childish sensitiveness, which, after all, is infinitely more precious than faultless manners and dainty ways.

L. R. T.



NURSERY PROBLEMS.

Care of an Excitable and Nervous Child.

To the Editor of BABYHOOD:

I have a little girl, four years and a half old, who is of a very nervous and excitable temperament. She is a very small and fragile-looking child, but has had very little sickness. She is very active and fond of play; she is the sort of a child that is often described as "strung on wires." She has always been very wakeful at night until the past few months, but is quite improved in that respect. At times she is so irritable and fractious that it is almost impossible to control her, while at other times she is particularly sweet and lovable. I am very careful not to let her have articles of food that I think will disagree with her, and let her have as many hours of sleep as possible. Would you advise me to give her medicine of any kind? I am anxious to prevent her growing up with so ex-

citable a temperament, if possible. If any of the BABYHOOD mothers have had a similar case in their own families, I should be most grateful for the benefit of their experience.

Burlington, Iowa.

H. K. M.

Such a case demands no medicine except for special illnesses or emergencies. It does, however, demand unlimited patience and care on the part of the mother. The details of such care cannot be entered upon, but a few general hints may be given.

Everything that helps to strengthen her generally will help to calm her. Your care of diet and sleep is right. See also that she has air and sunlight and that the bowels are regular. See

that she takes her play with moderation, stopping short of fatigue. Try to stop her playing, not abruptly, but by substituting for it some gentler, less exciting amusement. For instance, a child that is playing too violently may be willing to look at a picture-book or to hear a story told, and presently be quieted enough to be willing to lie down or even sleep. With such a child it is always a battle of maternal tact and patience against the child's excitability, and often it seems as if the mother's nerves were being offered as a vicarious sacrifice for the child's.

Eczema.

To the Editor of BABYHOOD:

Can you name any *safe* remedy for eczema? The patient is a boy about eight months old, is fed mostly by nursing, weighs 26 pounds, has no teeth, and has had the disease about four months.

Boston, Mass.

SUBSCRIBER.

The treatment of eczema is a complicated matter: that is to say, while some cases yield promptly to simple soothing applications, such as the ordinary ointment of oxide of zinc, others need stimulation; and in the selections of the remedy for the case is the skill of the physician best shown. For this reason we cannot name any remedy that would at once be efficient and safe. A single visit to a physician well acquainted with skin diseases may give you just the remedy your child needs.

Frequent Urination; Learning to Walk.

To the Editor of BABYHOOD:

¶(1) Can anything be done to a child who urinates too frequently? My boy is fourteen months old, and through the day I think he urinates as often as once an hour, and sometimes every twenty or thirty minutes. He has always done this often, but I think he is getting worse about it. How often would be right of a child

of that age? He takes nearly a quart of milk through the day; eats also—mostly bread and butter; is fed regularly through the day and gets nothing at night. Is there anything I can do for him? Should I consult a physician here?

(2) He has walked by holding on to things or pushing a chair for over two months; but seems to make no progress toward walking alone, cannot even stand alone, and will not make any attempt to do so. Is that an indication of something wrong with him? He is in good health, fat, weighs twenty-five pounds. (His shoes are not too small.)

Oak Park, Ill.

J. J. D.

(1) Very much can often be done for the relief or cure of bed-wetting. The causes are various and the treatment of course equally varying. You should by all means consult your physician, and if you will refer to back numbers of *BABYHOOD* you will find several useful articles on the subject.

(2) He is not very late about walking; indeed, children on the average do not walk alone at fourteen months. He is heavy and should not be hurried; he will walk soon enough.

Condensed Replies to Various Letters.

G. N., Covington, Tenn.—The simplest nipples are the best. Never under any circumstances should the bottle attachments in the shape of a tube, partly of rubber and partly of glass, reaching to the bottom of the feeding bottle, be tolerated. To keep them clean is an impossibility. The black rubber nipples which slip over the mouth of the bottle are the best attachment. The red rubber ones are so soft as to collapse easily, and are useless. It is best to buy the nipples which are not perforated, and make the necessary opening yourself with a large pin. The opening should never be large enough to allow the milk to flow in a continuous stream.

S. R., New York City.—In this city the law makes the report of cases of infectious disease compulsory upon the attending physician within a period of twenty-four hours after the recognition of the disease. Violators of this law are liable to prosecution and a heavy fine.

Mrs. B. F., New York City.—We see nothing unusual or alarming in your baby's case. He seems to be getting teeth early, but that is not a disadvantage. He is not any more likely to have diphtheria because a previous child had it. What your neighbors have told you about his inheriting a liability to it is only mischievous prattle.

A Montreal Subscriber.—We think there is probably some mistake in your letter. The age of the child is given as nine months; a diet which included bread and milk, onion and celery soup, potatoes and gravy, various puddings, crackers, apples baked and raw, is suited to few children under two years, and would be hard for many of three. To a child under twelve months there is little need to give anything but good milk and water, and gruel. If you are really giving the diet described to a nine-months child, we should expect his digestion to yield to the strain before long.

W., St. Paul, Minn.—The flatulence is a very common symptom. Her weight is good and at her age the absence of teeth is not unusual. You do not specify the "evidence of indigestion." The restless sleep probably is at least in part due to the causes you suggest. Besides, perhaps her gums

are tender. We think that you have probably changed the kinds of food too often. The "top-milk" diluted or the food you last used seem to us most likely to agree. Probably she would be less flatulent if you secured a second movement of the bowels at evening.

M. R., Boston.—Such restlessness at night is not rare, although very distressing. A cause is often eventually found by carefully watching, but we confess your letter gives us no clue to it.

Z., Minnesota.—Such a case need not necessarily excite alarm, but should draw attention to the child's nutrition.

E. D. S., Nashville, Tenn.—Ordinarily it is better to wean a child under the circumstances, as few women have strength to carry on two functions; but, if the child, carefully watched, seems to still thrive, it may still be suckled. But we think it would be well to begin partial feeding, to insure proper nutrition and as a beginning of weaning, which will probably be needed within a few months.

L. B. H., Mayfield, Ky.—It is evident that the digestive process is not right. The name "infantile dyspepsia" which has been given you is good enough, but it means nothing in particular. If your own physician, after seeing the child, thinks it better not to dose the child, it is probably best to follow his advice. He did not give such an opinion without a reason, and he is the person best qualified to judge in the matter.

Mrs. F. R. F., Torrington, Conn.—There does not seem from your account any very urgent reason for

changing his food at present. But he may have mutton broth occasionally for a change, and begin to have gruel made from oatmeal with milk, diluted in small quantity experimentally to see if his stomach tolerates it. He seems to have a delicate stomach, requiring small and frequent meals, and it is, in our judgment, better to go too slowly than too fast in changing. Keep his truss on until a competent physician declares the hernia thoroughly cured.

Mrs. J. J. S., Des Moines, Iowa.—There seems to be nothing alarming in the child's slow increase in weight. Your physician has advised you wisely, apparently. A child of her age may go out twice a day if carried in arms, even in cold weather, unless she seems delicate, a half-hour at a time. Seek the sunny side of the street, even if the sun is not visible, as its influence is still felt. On fine days she may stay out longer. You would better not meddle with the eyelids without advice from your physician. The ailment we cannot recognize from your slight description. You should not plan to nurse the baby through next summer. Very few breasts over a year old have much value.

J. M. W., Lexington, Ky.—If a child is ordinarily strong there is no harm in properly bathing it as soon as convenient after its mother is comfortable. It is best to wash its eyes as soon as possible. It may then lie warmly wrapped up awaiting the nurse's convenience for the remainder of its bath. A baby of six weeks usually requires the breast or food during the day about every two-and-a-half hours. At night it should go longer.

The diapers should certainly be changed as soon as they are noticed to be soiled. The exposure is less harmful than the irritation of the damp or dirty napkin. A child may use a chair as soon as its back is strong enough to allow it to sit firmly without fatigue. If a child begins to enjoy sitting on the floor to play it may be presumed that it can sit in the chair.

A. M. L., Baton Rouge, La.—Milk may be sterilized in any vessel and kept in any vessel that can be tightly closed—a preserving jar, for instance—and if it is to be sterilized daily this will do well enough. But if you use strong soda-water bottles and rubber corks, each bottle could be arranged to have but a single meal in it, and the milk would not be exposed by having been opened. When a plan of sterilization is devised by a physician or chemist the directions are intended to be proof against any ordinary exposure for many days, or weeks even. Such details as to small bottles are not necessary under ordinary circumstances. The reasons why the bottom of milk-bottle should not touch the bottom of the steamer are, first, that the ebullition of the little water confined under the milk-bottle might upset the latter, and, secondly, if the bottom of the bottle were in too close contact with that of the steamer, the absence of the layer of water might permit the milk to get overheated just there and be boiled or possibly burnt.

G. S. N., Peoria, Ill.—We cannot offer any suggestion regarding your eyes that would be of use. Your physician probably can do something for them.

M. R. D. S., Erie, Pa.—If the milk is of very good quality your mixture is good. You will need to gradually increase the proportion of milk. Perhaps boiling the milk might make it rather more binding. The nipples are best kept in clean water that has been boiled.

A. R., Leavenworth, Kans.—The cause of the fits of crying not being comprehensible to you, we cannot, of course, expect at this distance to solve it. Two or three things which you suggest may be causes. He is often relieved after passing water. Examine and see if the foreskin is very tight, enough to cause delay or difficulty in urinating. If it clearly is so, circumcision or dilatation of the foreskin may give relief. Or it may be that the urine is concentrated and irritating, in which case water given before he goes to sleep may be of benefit. It may also be the very common disturbance of sleep that accompanies the cutting of the teeth, especially the canines, which he is at present engaged in doing. There is very little doubt as to the propriety of continuing the use of iron for a time. There is no "general principle" that we know of that should raise objection to the proper use of iron. Some preparations, not all by any means, of iron damage the teeth; but if it be necessary to give such preparations, the immediate cleansing

of the teeth with water, or water with a little bicarbonate of soda in it, generally prevents mischief. This is particularly true when the tincture of the chloride of iron (a very useful preparation, but hard on the teeth) is used.

D. L., Montrose, Mo.—For a child whose nutrition is as imperfect as you describe yours to be, we believe that some kind of peptones would be advantageous. In view of your nursing sore mouth we do not think your breast of much advantage to the baby, and if you continue to nurse him you should use tonics, such as quinine and iron; the chalybeate spring water will serve for the latter.

Mrs. J. R., Rockford, Ill.—For such a journey the question of napkins can be somewhat simplified by having an abundance of cotton batting, pieces of which may be put in place of the inner napkin and thrown away as often as soiled.

Mrs. P. A. M., Brooklyn.—You will probably find something to help you in the article on "Bedwetting" in a recent number.

L. M., Memphis, Tenn.—Your ailment is not one within the scope of BABYHOOD. We may say, however, that the convalescence is always tedious, but the cure will come ultimately. Elastic stockings are more convenient than bandages.



IMAGINATION AND EXAGGERATION.

Some years ago I visited a young woman whose only child was three years old. I remember the mother sitting with her baby upon her knee, listening to the stories the child told to amuse her. The little one had a wonderful imagination and every day it was coaxed to its utmost exertion. Baby grew to enjoy these little creations immensely. He would set his stories to his own music, and would often run to mamma with a serious little face and a wild tale of his own making. Her exclamations would always imply implicit faith in their truth. When the little fellow told his mamma that Nero just jumped the fence and ate the letter-carrier up she would say:

"Did the man cry, Neddie, when Nero ate him?"

In coaxing Neddie to use his gift of story-telling mamma would not say, for instance, "Tell me the story about how Nero took Baby on his back, etc.," but she would say, "Tell me about Nero taking Baby, etc.," thus making each story the baby told more real in the childish brain by her apparently honest belief in them.

Soon Neddie found that his active imagination could find means of shielding him from deserved punishment. He brought home two puppies from a neighbor's shed one day, one under each arm. He called to have the gate opened for him, and when asked where he found them, he replied at some length, succeeding in assuring his mother that Mrs. Cook was going away, and said he might keep them.

I learned upon inquiry that this was one of Neddie's little stories.

I could make references to many similar incidents. The point is this: Neddie never outgrew his enjoyment in the fruits of his own imagination, and he would tell a story so many times that he actually believed it to be true. To-day he not only tells tales to benefit himself, but he tells them with no motive whatever but the pleasure they give him and the wonderment they may excite in his hearers.

When he was twelve he told a remarkable tale which was believed by the woman he was visiting and myself. He related that his mother had invited friends to visit her, and during their stay before dinner one day the freezer full of ice cream was buried in the snow. Ned described the situation with much dramatic effect when he told us how Don and Watch had dug away the snow and scratched the cover from the freezer and lapped up all of mamma's cream. He described with many details mamma's consternation and dismay, and even went so far as to inform us what new dessert she had to prepare. The story could scarcely be believed; but Ned's face was full of animation and sincerity, and he, with us, was sorry for poor mamma. It is unnecessary to add that a few days later it was learned that every word was false. This boy has to-day a ready fib for every emergency. His parents, his teachers, his little friends, doubt every word he utters.

Is it Ned's fault or the fault of his parents? Could not his strong imagi-

nation and facility of expression have been turned to good account? Why could not many children, who, alas! are untruthful, be taught to bring a new pleasure into the household? Why could not many be taught to use their inventive minds in courses which would begin for them a life work? One has only to look at Ned to realize that he has been endowed with a glorious gift which the mistakes in his home have made a curse. He has a mind that under a few months of better influences would become refined and sensitive.

I know a man who not long ago held the position of foreman in a large manufacturing establishment. He was energetic, willing, a hard worker and honest in his business, but he never lost an opportunity of telling a story in which he figured largely. He lied about his family, his home, his former positions. He was found in a lie so often that he lost his position, not for any particular offence, but because of the possibility of dishonesty which his falsehoods presented to his employers. One can fancy Ned becoming such a man.

Another cause of prevarication in children is the unfortunate habit of exaggeration which exists with most young mothers. Every one has heard an acquaintance say, "I am nearly frozen!" or, "I have been walking every minute of to-day!" or, "It's just pouring!" when it is raining a little. Do we not all say "I am tired to death!"? I once heard a woman say, "I'll whip you till you are black and blue!" a threat which she did not mean to carry out. One has only to listen to remarks upon the street or in a crowd-

ed store to multiply these examples of exaggeration indefinitely.

I can recall a woman unusually addicted to exaggeration who had a little daughter very much averse to it, and very well aware of her mother's failing. Though I myself was young at the time, I remember the reproof the mother once received from her child. It was in winter and the woman had stepped from the sidewalk into the snow. Her mind dwelt upon the slight mishap, and when telling it to her husband she said, "Get wet? I should say that I did. I went into the snow 'way to my knees." Her daughter broke in upon her complaints with, "Mamma, how can you speak so to papa? It was only above your ankles, for I saw it." In that instance the child was wiser than the parent and has remained so. She is one of the women who do not exaggerate.

It is very rarely that we find a case where there is perfect truthfulness on the parents' part in the rearing of their children. There is an inconsistency and insincerity in some little act or word which a child will readily detect. All parents wish to have truthful sons and daughters. How many of us ever trace any untruthfulness in them to our own thoughtlessness and inaccurate statements?

A pretty sight was enjoyed in a railway carriage not long since. A mother and father with their little boy were making a long journey. The parents amused the little fellow in a quiet, healthful way, and found great enjoyment in their endeavors. The mother would tell him stories. She would say, "Now, dear, this is a true story," or "This is a made-up story."

The father amused him with simple sleight-of-hand performances. The boy would ask, "Papa, did the ball really go into your mouth?" He obtained a truthful reply. The father would say, "Now look and you will see that the money goes up my sleeve," and similar explanations of his tricks. The little son was content with each slight assurance, and by his talk and manner gave evidence of a self-reliant, truthful and frank nature. Who can doubt that it was from the excellent examples constantly placed before him?

Perfect truthfulness in the parents must exist, not only as the means of commanding obedience, but also to inspire proper respect for them, and a fine perception of right and wrong in the minds of our children. As our boys and girls grow we should explain to them the uselessness of exaggeration; teach them the elegance and force of correct and truthful expression; and thus banish from their future much of the misery and heart-aches that follow in the train of untruthfulness. E. J.



BABY'S WARDROBE.

The Band as Used on the Other Side of the Globe.

It would seem that so simple an article as the baby's band would hardly admit of much variation, but a young mother must be quite at a loss to choose from among the many kinds recommended in *BABYHOOD* by experienced mothers who have each found their particular one to be the best.

May I describe an entirely new kind of band that I regard as better than any other? It is made of a piece of thinnest gauze flannel, the smallest size five-and-one-half inches wide and twenty-three inches long. The ends of a piece of cambric a trifle wider and longer are slit as far back as will leave room for the uncut portion to go not quite around the baby; the uncut portion and these narrow

strips are then very narrowly hemmed, and the cambric band is joined to the flannel one by a row of back-stitches through the middle of the back. The flannel band is laid smoothly about the baby, over-lapping in front, the cambric band is drawn over it, and the slit ends tied in little half-bow-knots.

These bands do not slip up, there are no pins to look after, and the little knots can be easily loosened after a meal. They are quickly put on; my baby's papa grew very skilful in adjusting them, but he always would call them "little gonfalons." If the baby is to wear bands a long while it is desirable to have three sizes, and the number of slits should be increased, so that the tiny streamers are never made too broad.

Such bands as I have described are used exclusively among the English ladies in India. With tight skirt-waists these bands would be quite impracticable, but for the loose mode of dressing babies I think them the best.

L. A. M.

Chieng Mei, North Siam.

[We insert the above as interesting, though not without misgivings as to the knots.—*Editor* BABYHOOD.]

Two Patterns for a Bath Apron.

Among the gifts which followed Baby's arrival, nearly fourteen months ago, was a bath-apron which has been as useful as it is pretty and unique. It is made from one width of heavy Shaker flannel, and is a yard and a quarter long. The hem—one inch wide at the sides, two inches at the top, and three at the bottom—is finished on the right side with a button-hole stitching in bright blue crewel. Two yards of gros-grain ribbon of the same color, slipped through the hem at the top, form the band and strings. The special feature of the apron is the ornamentation near the bottom; this consists of a German proverb outlined in German text. The proverb is: "Du musst das Kind nicht mit dem Bade ausschütten"—freely rendered, "Be careful not to pour out the baby when you empty the tub." Coming into a German household the gift was particularly admired.

K.

While in Germany I came across a most practical over-all apron, protecting one's dress completely while bathing or nursing the baby, or giving the other children their supper, after having nicely dressed for the husband's home-coming. I find mine

so extremely useful I wonder how I have ever gotten along without it; it is easily slipped on, being fastened at the back by only one button, with another at the belt, which closes around the loose apron and fastens behind. If required to be used as a nursing-apron it must also be opened in front as far as the belt.

M.

Shoulder Blanket.

A little shoulder blanket presents many advantages over the old fashioned folded square, which usually lies in clumsy wrinkles around a baby's short neck. Take one-half of a square of fine flannel; cut a slit of four inches in centre of longest side for the neck, and fold over upon the right side of the blanket a hem nearly an inch wide; catch this down with a feather-stitching of white silk; make then a loose buttonhole-stitch around the edge, and to this crochet a narrow border of the silk; tie at the throat with white ribbon. The effect of this neatly fitting cape upon Baby is decidedly quaint and pretty.

M.

More About Bands.

I should like to give you the solution I have found for one or two "Nursery Problems."

As soon as I dare—say at three months—I remove the flannel band entirely, and substitute a knitted one, loose and long, with knitted shoulder straps, of Saxony wool, long enough to come well down over the baby's hips. I also add a flannel tab in front to pin the diaper to.

I have long-sleeved, high-necked, knitted Saxony shirts; some rather light quality of merino vests; also some gauze ones.

I never take the band off, except to change, until the teeth are all

through, and if this should occur in the fall I retain the band until spring. Then I vary the shirt according to the heat of the day. I am always afraid of bowel troubles if I remove the woollen covering. I have found it safer to take all the rest of the clothing off, and let the baby have a play and rest in that way.

If the wool seems to chafe the tender flesh too much, I would make a thin, sleeveless linen shirt to wear under the band; old soft linen is better than new.

D. M.

Hints for Night Wear.

The German baby-dresses and underskirts are all left open down the entire back, and are spread out from beneath the baby when lying down, to keep them from becoming soiled. I took advantage of this idea for the little night flannel petticoats and gowns, which is a great saving to them in every way; and my baby keeps dry all night.

In the cradle beneath the baby I place a small square of india-rubber cloth or sheeting, and cover it over by another of thick, blanket-like flannel; by having several of these they can be kept always clean. This, too, is a German idea.

M.

Marking Children's Clothing.

Baby's wardrobe is soon outgrown, and long clothes must give place to small and dainty frocks and petticoats, which look so exactly like every other child's clothing that it is absolutely necessary to mark in some way all of Arthur's belongings, if there are any other small folks in the same house. It is comparatively easy to write "Arthur" on each little garment, and for a while all of his clothing is marked

properly from its owner. When Baby James falls heir to his brother's outfit, however, and dons one after another of the little dresses marked "Arthur," Mistress Mamma wishes she might write "James" where she has always been pleased to see the name of her first-born. As the family increases there is more and more need of precision in marking, but not until the children grow old enough to object to wearing clothing not their own does one need to study ways of designating property. I have found an excellent way of conquering the difficulty, and at the same time my method is a very easy one.

I mark the family name, "Bond," on everything. The clothing I make for the oldest Bond child I mark with a single star on the left side of the proper name. When his clothing is handed down to Mary I mark another star to the left of the first one, and so on and on until Baby Ned picks out the waists with five stars on, and feels they really belong to him, because he is little "Five-star Bond," while in point of fact they were made for little "Two-star Bond" years ago.

Marking in this way always looks neat, and the rightful owners can claim each one his or her property.

E. Y.

A "Slumber-Robe."

An article I have for my baby, which has been much admired, and which I find most useful of all things, is a little "slumber-robe," made of two pieces of cream cheese-cloth, a yard square, and filled with from half a pound to a pound of cotton-batting. It should be tied like a comfort, with pink or blue worsted, and finished

around the edge with button-hole stitch of same worsted, and a handsome edge any depth desired crocheted right on to this button-hole stitch, which makes a convenient start for crocheting. This little affair is light but warm, and always convenient as well as inexpensive. One can have as many as may be desired. I use them without the crocheted edge for comforts on my baby's bed, and the soft cream color, dotted with the delicate ties of worsted, makes them very attractive.

P. T.

Racine, Wis.

Neither Tapes Nor Pins.

I have been reading with much interest the articles on dressing little babies, and would like to give a few

suggestions which may be of use to some mother.

It often seems to me that shield-pins and tied tapes might hurt a little baby very much. We all know how a wrinkle or knot may make us uncomfortable, so I have always *sewed* the baby's clothes on, using soft French darning-cotton and a large needle. Four long stitches will fasten each band securely, and it takes no longer than putting in pins. When it comes to the undressing it is much quicker and easier, as the cotton breaks very easily.

I think the little princess skirts are very nice for the first short clothes. I have them made alike of flannel and cotton.

S.

Auburn, N. Y.

SCHOOL-LUNCHES.

To a traveller unfamiliar with the easy-going life of the Old World nothing is more striking than the contrast between the European and American midday meal. A German merchant closes his business at noon and takes a solid hour of comfort with his dinner and his family. A Frenchman stops at his café midway between breakfast and dinner, and enjoys a deliberate lunch with his newspaper or his friend. But in the hurry and press of American city life nothing is so apt to be crowded to the wall as this midday meal. A business man "breaks off" at twelve or one o'clock to snatch a hurried fifteen minutes' lunch, and feels even then that he is robbing his business of just so much time. His wife, who has been shopping busily all the morning, runs into

the nearest restaurant when she is almost "worn out," to swallow a cup of chocolate and a chicken-salad. His children at school stop recitations at noon and dispatch an innutritious lunch with all possible speed, in order to have time for games, which are all well enough in their way, or for the making up of deficient recitations.

To no other class is the rushing of meals so hurtful as to these school-children. Thoughtful parents know that the long school-day of six hours, five of which are passed for the most part in active brain-work, cannot fail to be exhausting to the young bodies, which at the same time are rapidly growing into manhood and womanhood. The need at this time of wholesome, nutritious food must be apparent, but in nine cases out of ten it is

very imperfectly met by a lunch of bread and butter, rich cake, and a little fruit. Leave out the bread and butter, and what is there in this meal to rebuild the tired and wasted tissues?

This state of things is wrong, and it depends upon the mother chiefly to remedy it. She should, in the first place, see that sufficient time be reserved from the noon-recess for the lunch to be eaten with leisure, and, secondly, that more thought be given to its preparation. She should regard it as one of her chief duties to secure a pleasing variety, at once wholesome and palatable; and this is no easy matter, for nowhere, probably, is the difficulty of providing variety in meals harder to overcome than in the arrangement of lunches. Perhaps a few hints upon this subject would be welcomed by thoughtful mothers.

In the first place, then, banish that time-honored institution, a tin lunch-box. It is handy to carry, perhaps, but in many other respects wholly unfit for use. Its closeness alone renders all food confined in it for a couple of hours unpalatable. If possible get one of the little straw boxes or baskets, which are both cheap and durable; or, if these are not easily procured, use a pasteboard box in preference to either a tin box or a leather bag. Reserve in the linen drawer at least half-a-dozen colored doilies, so that there need be no stinting of clean, fresh wraps. As to the lunch itself, of course the bread and butter is an unfailing stand-by, but be careful that the slices of bread are cut of moderate thickness, nicely spread, and wrapped by themselves in a napkin, buttered

sides together. There should always be some sort of meat, to be eaten with the bread. If cold beef or mutton sliced, wrap it in another little napkin or in a piece of clean white paper; it would be more appetizing if chopped quite fine and seasoned with salt and a very little pepper, or minced with a hard-boiled egg left over from the previous day, dressed with mustard, salt and pepper, and made into a sandwich. A slice of cold minced collop also makes a nice change. It is prepared as follows: One-and-one-half pounds beef minced fine as for tea, with a little marjoram or thyme, salt, and pepper. Cover with water and boil two hours, stirring constantly when first put on. Let it have the consistency of thick hash when done. Slice when cold.

There could be once or twice a week a bottle of beef or mutton broth, with the fat carefully removed, the same quantity of milk, or sometimes the preceding day with very little ones to dispense with the cake as a regular thing, and in its place put a cup of custard, rice, tapioca, corn-starch, or other pudding, or an apple baked without the skin, any of which could be prepared with the dessert of the preceding day with very little extra trouble. These should all be carefully packed with a spoon in the box or basket before breakfast, and not left till the last minute, when there is barely time to scramble things hastily together.

It is certain that even the little attempt at variety and wholesomeness here hinted at will be amply repaid by the enjoyment, comfort, and health of the little ones.



NURSERY PASTIMES.

A "Circus Rug."

What my little boy calls a "circus rug" is thus made:

Form gray canton flannel into a six-foot square. Cut paper patterns (in outline) of all the animals you can—as the cat, dog, elephant, rat, crow, horse, frog, rabbit, squirrel. Then cut them from colored flannel, carefully choosing assorted colors—as yellow, gray, blue, red, white, and brown. Use button-hole stitch to fasten these impossible-looking animals on the canton flannel. A few stitches with black or white cotton will form features, and help to define the body and supply shading.

This is so nice for Baby to kick on that it will repay for the trouble of making it. E. L.

Diversion by a Fan.

I would like to tell BABYHOOD'S mothers about my baby's fan. We all know how young children delight in bright colors, and also how they love to grasp everything as soon as the little hand can retain its hold.

I found both my babies were wild over a palm-leaf fan; if they could get hold of it themselves they were quiet for a long time. So I covered a large one with bright-colored silesia, cambric, or calico, with two or three colors on each side, and each side different, and then firmly bound all

around with white cotton cloth. The handle I wound with the same, securing with a few stitches.

No matter how cross, tired, or unwell Baby may feel, she will always be interested in this fan, taking it in her hands, wildly flourishing it around her head, or biting it with her poor aching gums. The covering serves a double purpose, for, besides being amusing, it prevents the rough edges and handle from scratching the tender skin.

In the sultry summer afternoon I could sit by my baby's crib and gently fan her, while she, intent on the gay colors and soothed by the cooling breeze, fell quietly asleep. B.

The Ownership of Books.

By all means let the child have a low bookcase of his own, says a writer in *Education*. He should be taught to be careful of his books, and not unnecessarily thumb-mark them or turn down the leaves. It is well to teach him how to open a book correctly for the first time. Children like to do things properly. As they find great pleasure in imitating grown people, there is in these early lessons no hardship for them if they are conducted in a spirit of helpful comradeship. Books are just the presents for birthdays, holidays, and keepsakes at any time. The day on

which the gift is bestowed and the name of the giver will add to it interest and sentiment.

The child must be allowed to feel the pleasure and responsibility of ownership, for, aside from its being his right, there are great possibilities of character-building in simple possession when the child is taught how rightly to use it. Let him lend his books to his less fortunate playmates, and in this way a spirit of

helpfulness, a desire to share his pleasures with others, is cultivated. But we must not compel him to lend them when he is reluctant to do so. The child heart must be trained until he voluntarily desires to give pleasure, even at the risk of a spoilt book. Above all, it must not be forgotten that one of our chief aims should be to form a habit of reading good literature—a habit that will be a blessing through life.

BABY'S DISPOSITION.

Teach the babies to have sunny, even tempers. The disposition of a child lies largely in the control of the parents, and by *parents* I do not wish to be understood to mean either the father or mother alone, but both working together.

In the first years of a child's life, he will look on the bright side of things and laugh a child's happy laugh; play gently with his baby brother; pity the maimed kitten; choke back the tears a bump brings to his eyes; or, he will scowl savagely at the dark side of his little affairs and kick hatefully at whatever irritates him; selfishly gather his playthings in a corner inaccessible to his smaller brother; heartlessly persecute the kitten; and lie on the floor and scream lustily when he falls.

Can we estimate the value of careful and firm guiding in this respect? When we see a cross, selfish man or a quick-tempered, disagreeable woman, let us look from them to our little men and women, and, if our great love blinds us, let us look with foreign eyes

and search earnestly for the little faults growing into habits like these.

Let us, too, study carefully the mode of punishment we resolve to adopt, that it may not produce worse faults than those we wish to correct. It is a good old rule to let the child's own naughtiness react upon him. If he ruthlessly destroys his playthings, let him go without any for a time; if he refuses to put on his coat for a walk, put the coat aside immediately and go without him; if he strikes his little sister, let him know the pain of a whipping administered by you; if he destroys his brother's cart, require him to give to him something of his own. If the little one bumps his head on a chair, do not say "naughty chair, hurt Baby, whip the naughty chair," and then, in a score of years, wonder why your grown-up boy should so cruelly beat his horse if the animal chances to be refractory. If, as a baby, he lies on the floor and screams because corrected, can you wonder that, later on, he sullenly slams the door, and, in a fit of passion, takes himself

off to questionable resorts when his father admonishes him?

Many a child has the habit of crying lustily for anything refused and insisting with headstrong persistency that the particular thing desired must be given him. Nothing is more disagreeable to the parent and others, and so hurtful to the disposition of the child. Say "No" *once* only, and correct with firmness, gentleness, and constancy for teasing or display of temper. This one rule will save the mother more of her precious strength than any rule in the whole nursery category. The child that learns to obey that rule will soon learn to smile, and, with a sweet childish trust that "Mamma knows best,"

will turn away to something else, and be far happier for it.

Many a child is avoided by playmates all through his childhood, and goes friendless through his youth, because he is so disagreeable, selfish, or cruel that none can love him. Nothing can be more cruel than to allow our babies to grow up with such characters.

Let father and mother, equally, work together with one aim, to secure a happy, gentle, kind, loving, generous little one, and the world in a few years will as surely have, what these qualities make, a whole-hearted, noble man or a sensible, sweet-dispositioned woman.

E. L.

THE MOTHERS' PARLIAMENT.

"Mind Quick!" Our little people have lately invented a game which saves steps for me, and which, if not played too often, they hugely enjoy.

One day I was lying on the lounge suffering with a nervous headache, the children, cross and unoccupied, restlessly wandering about the room, that was littered with playthings, paper cuttings, and ravellings of sewing work. Callers were expected later in the afternoon, and, dreading to hold my throbbing head upright, I thought: "Oh! if those children only *could* pick up this room and let me rest another hour, it would save me hours of dizzy pain; but they are too young to straighten rugs and fold papers: their playthings, however, they *must* pick up."

"Birdie," Frankie whispered to his little sister, indolent and shirky as

seven-year-old boys are apt to be, "I'll sit here on this ottoman and tell you what to do, and you must do it just as quick as a flash, without speaking a word, running back to your corner of the room every time, to receive a new command. Let's call the play 'mind, quick!'"

So the new game began. Frankie, lazy little boss that he was, leaned comfortably against the wall, giving his orders in brief, strong whispers that little three-year-old Birdie darted hither and thither to obey.

"Pick up that horse," and into the play-box the tin steed went heels over head.

"Put those buttons in mamma's work-basket." There was a scurry of little feet over the floor, and into my basket the buttons flew like a miniature hailstorm.

"Pile those building-blocks away."

It was done swiftly and silently, and with a feeling of relief I saw order was coming in the children's corner of the room, and that, too, without any effort of mine.

When Birdie's interest in the game waned, and rebellion against so many commands threatened, Frankie was cunning enough to prevent an outburst till the playthings were stowed away by taking his place in the corner and yielding the ottoman to the little queen, who, not to be outdone in gubernatorial authority, gave her orders in sharp, concise little tones that Frankie was obliged to obey without expostulation or delay.

The playthings disposed of, Birdie looked about her for further work for her little slave. She had not far to look.

"Pick up those paper gibbets and frow 'em in the fire."

"That's a good thing for me," I thought, as Frankie sprang to gather up the litter.

"Dars one under the table. Dit it twick," the argus-eyed little tyrant exclaimed, as Frankie resumed his corner, his interest in the game fast flagging.

"Children," I called, "mamma will play with you now." And, lying on the lounge, unclosing my aching eyes just long enough to see what the next little task should be, with the two children darting by turn from their corners of the room to "mind, quick!" without comment or delay, order came out of chaos. Chairs and rugs were straightened, books neatly piled, papers folded, ravellings picked from the carpet, and my sewing work crowded, if not folded, from sight.

Just one little errand at a time for the willing, eager little waiting man and maid, and presently the sitting-room was in order without my poor head once being lifted from its pillow.

Since, the "mind, quick!" is a regular game played in our home—not too often, for fear the children would tire of it altogether—but busy afternoons when mamma's sewing drives and she grudges the time it would take to "pick up" the littered sitting-room, she can sit with flying needle and give brief, plain little orders that must be instantly obeyed and in perfect silence, else a distasteful forfeit must be paid.

And when such little people are thoroughly interested in the tasks set them, it is astonishing how methodically they can arrange books, papers, chairs, and neatly clear carpet and tables of shreds and clutter.—*T. T.*

The Anti-Rocking Theory in Practice. I have been much interested in reading of the experiences of other mothers in putting their babies to sleep. At this late day may I be pardoned if I add my testimony to those who have gone before? I have been laughed at as a woman of theories; have stood the laughing, but have clung to my theories just the same and have found that with my first baby they have thus far worked well.

I have never believed in rocking a baby to sleep till the little one became so accustomed to it as to demand it as a right. A friend, who had been successful in carrying out this idea with her two children, said she commenced to lay them down in their cribs at eight months of age and let them cry

themselves to sleep. As my baby was but two months old at the time, and my monthly nurse still with me, I did not trouble myself as to the time to begin, especially as Master Baby had the happy faculty of dropping off to sleep at his nursing-time, immediately after my supper. One evening, however, much to my surprise, I found the little eyes were wide open when the nursing was over. What was I to do? I could not begin the rocking; it was against my *theory*. "Lay him right down," said my husband, who stood in the doorway. I hesitated; the little one was so young, and I knew it would never do to take him up again even if he did cry. But as I "loved" and "honored," so I "obeyed," and down went the baby on his pillow. As I stepped back out of sight, and the little fellow found himself alone, he commenced to cry, getting more and more in earnest each moment, and tossing his arms to and fro. Thus at three months, all unplanned, the battle was begun. The room was but dimly lighted by a lamp just outside the door. We stood breathless, watching the little figure on the bed, screaming by this time, and flinging his little arms about in wild excitement. A bright thought came to that husband of mine. He crept softly on his hands and knees to the side of the bed, and taking the two little hands in his, held them down with firm but gentle grasp. There was a vain struggle to free them, which lasted but a comparatively short time. Then, as the little one began to feel the quieting influence, the screaming gradually abated, he became more quiet, and at last slept. This was repeated for a number of nights, when

the little fellow seemed to understand he was to go to sleep in the bed. It soon became a regular thing to nurse him, lay him down, and walk away, leaving him alone in the dim room, while I sat in the next apartment.

My baby is now almost nine months old. He goes to bed regularly at half-past five, when I tuck him up in his little crib, and, with a good-night kiss, leave him. He often goes to sleep without a sound. Sometimes he cooes to himself before dropping off, and sometimes cries a little; but I have never taken him up after putting him in his little crib since I commenced carrying out my "theory," nor does he expect it. My evenings are free, and I can even go out to tea, as I have a trustworthy nurse whom I can leave in charge while I am away.—*Annie S. Fullerton, Topeka.*

Practical Lessons in Responsibility. In these days the idea of individual responsibility is being constantly urged upon the public by public-spirited reformers, and it cannot be too strongly graven on the characters of the boys and girls of to-day, so soon to become our men and women. Every one knows that in a deformed tree the crook is usually near the root! So with character the traits that are deformities may usually be traced to unchecked tendencies of childhood. In order to make our children aware of their responsibility as factors in the world, two phases must be considered, two sides of their moral nature developed. First, the relation of the child's acts to himself. Second, their relation to others. I knowingly place the seemingly selfish side first, be-

cause only one who does justice to himself can do justice to others. Let us proceed by illustration: A child is in the room in which is a hot stove. Although told the consequence of touching it, he gratifies his curiosity and is burned. Here we see wrongdoing, viz.: disobedience, bringing its own punishment to the child. Of course that is the simplest illustration that could be found. This might be multiplied indefinitely, as in the evil effects of carelessness in damp weather causing sickness, etc.

It will immediately be seen that this

kind of wrongdoing also involves injury, indirect, to others, in the anxiety, care, etc., which it brings. This leads us to the second point, the child's relation to others. Frank delays his dressing until it is late, and he is not ready for kindergarten at the time for the omnibus to arrive. He keeps all the children waiting for five or ten moments, and all, in consequence, lose some part of the morning exercises. A small thing certainly, but to children small things are proportionately great. An important element arises in the discussion of this theme and that is the

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element of choice. Children may have their sense of responsibility quickened by introducing this law of cause and effect into their training. When Frank does not dress in time for school, tell him firmly that unless he is ready when the omnibus comes he cannot go. Explain the reasons as fully and clearly as possible and then let him decide for himself whether he will

go to school or remain at home. Suppose he decides to stay home? Make him abide by his decision. Do not hurry him into his coat at the last minute when he sees the omnibus coming and changes his mind. Let him feel that he has decided his own punishment. Probably the next day he will be dressed and ready.—W.

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Babyhood.

Devoted exclusively to the care of infants and young children and the general interests of the nursery.

VOL. XVIII.

FEBRUARY, 1902.

No. 207.

THE PREVENTION OF NERVOUSNESS IN CHILDREN.

The inheritance of many American children is a sad one. The so-called "American disease"—nervousness—gives the little children a poor foundation on which to build physical health and mental strength. The wear and tear of business, the excitements and dissipations of social life, and the strife to get ahead, so common among all classes, deprive the men and the women of this century of the vitality that they should possess in order to transmit health to their offspring.

"The education of a child should be begun a hundred years before it is born," but unfortunately the years preceding the birth of thousands of young Americans have passed. However, this is no reason why we should neglect the mothers of to-day and the children of the future.

The Expectant Mother's Duty.

Before the advent of the baby the mother should be encouraged in every way to cultivate an evenness of temper and feeling. It may be hard for a woman who has never given her own individuality one moment of quiet thought to think of her actions and passions as influencing the future of her baby yet unborn—not only her baby, but succeeding generations—

for good or evil. Many a woman is flattered because she is vivacious. Little do the admirers know that the quickness of perception and brilliance of repartee are often the manifestations of uneven mental power, and that the excitements of an hour are followed by a day of depression, the result of a badly balanced nervous system. Against such irregularities the young mother should be guarded; for although on both father and mother rest the responsibilities of parentage, yet on the latter falls more of the double burden of the formation of body and mind. She should have duties that will occupy her attention in a methodical way. The reading of good books, intelligent conversation, and a calm, dispassionate judgment of what is read and heard should be cultivated. There should be an avoidance, on the one hand, of the scintillations of society gatherings, and, on the other, of the gloom of loneliness so often felt by the young mother. Out-of-door exercise, which, if possible, should be had in the country, is a great sedative for nervous women. Good, wholesome food is an important factor in the comfort of the expectant mother.

The Growing Infant.

When the new life is added to the home, what care is necessary to insure its protection? If the mother has governed her imaginations and fears, she can direct the management of her infant from its birth with the feeling that to her is given the divine power of motherhood. This she cannot do if she has yielded to every passing whim and caprice of fancy. A baby is at first hardly more than an animal. It needs to be fed and warmed. Soon, however, it shows the attributes of a forming mind. It cries when distressed; it moves its hands and feet, and smiles with delight, at the approach of one it knows. In other ways it evinces its appreciation of surroundings. A watchful mother who attends to her baby's wants notices these indications of growing power, and plans day and night for the happiness of the loved one. She understands that the evidences of interest that the baby manifests show what its brain is doing; show that the brain is growing and learning. Growing more in a day than it will afterward in a year; learning at a rate beyond our calculation. It is becoming acquainted with the form and face of its mother; the feeling of hunger and thirst, the sensation of pain, the handling of the nurse, and the light from the window. All these require activity of the nervous system, at first in an automatic way, but gradually the brain develops its marvellous capacity for storing away in its recesses useful information for all the years of earthly existence, that can be drawn on as was the widow's cruse of oil—a

never-failing supply, depending only on how carefully the storing is done.

The Mother's Nervousness Reacting on the Child.

We must note a difference between this activity of the brain that we so much want and the irritability that we should so carefully guard against. If the mother has controlled her own actions and governed her passions, then she has aided in laying the cornerstone in the building of a brain that will stand the strain of later life. If not, she has helped in the erection of a structure that will crumble to dust in the storms of an early maturity.

We can give but a single example of how a thoughtless mother helps in destroying the sensitive nervous organization of her child, and adds to the dangers it will encounter in the whirl of twentieth-century existence. The mother goes to the theatre when her baby is a few weeks old. Returning to her home at midnight, excited by her interest in the emotions she has seen depicted on the stage, she gives the baby the nourishment it is fretting to receive. The mother is not in a condition to attend to her maternal duty, and the baby is tired from hunger and crying. The result is that the milk does not agree with the infant stomach. The night is one of anxiety and wakefulness. Perhaps for the sake of quiet an anodyne or some soothing mixture is administered. The next day the baby is heavy and dull. For two or three days following there is indigestion, and the baby loses its bright, happy expression. All this reacts on the brain. The association between the stomach and the brain is

a close one. In fact it is so close that even careful physicians have said that children have "brain fever" when they had only disordered digestion. The irritation of the stomach interferes with the nourishment of the brain, that needs such a constant supply of good blood in its growth. Irritation of this kind, if continued, depresses the vitality of the whole body, but particularly of the brain.

The Natural Way.

If instead of witnessing the theatrical representation, so often of unreal life, the mother had remained quietly at home, the result would have been different. The child would have been nursed at its accustomed hour, then would have slept the calm rest of healthy infancy, and awakened with the brain active from the nourishment it had received, ready to take in and store away varied observations useful from that day, a never-decreasing fund of information. It would not have suffered a loss of equilibrium of its nerve centres, but would have retained a calmness of mind that we consider so necessary to the future health and happiness of our race.

Lack of Self-Control.

A mother who is of a nervous temperament often tries one of two ways in the government of a child that gives way to violent outbreaks of passion because it is thwarted and cannot do as it pleases. She yields and pursues the peace-at-any-price policy, or she punishes it. In either case there is no gain. If the former course be pursued, the poor mother can but look forward to another outburst on the slightest provocation. If the latter be

thought justifiable, the child's temper may be broken, but so will its spirit, and it will not dare to ask for anything dear to its childish heart. If the mother has attempted to control her own feelings she can soon manage her child without giving way on either side, and as she gains in firmness she will notice that the baby is sensible of the evenness of her disposition.

City and Country Children.

Violent passions have violent endings, and it is well to consider the difference in the children born and educated amid the excitements of the city and those reared in the quiet of country homes. The children of the city and the country are often contrasted to the disparagement of the latter, who are said to be dull and slow. This is an error in observation and shows a want of appreciation of their early training and surroundings.

The city boy is precocious and is thought "smart." By inheritance and teachings his nervous system has been kept in a constant state of excitability. Very little bodily or mental energy is stored up, most of it is used at once, and often the future is drawn on for oil to keep the small light from flickering and going out. The example or the nursery is constantly before him. His mother could not control her feelings and passions, and neither can he. He has to contend with an imperfect physical development, the result of the want of exercise and fresh air, and the irritability of a brain showing the weakness of inheritance and of education. The nervousness and impressionability of the city man explain why as a young man he

is quick and easily obtains a position, but frequently cannot keep to the mark. He cannot stand the wear and tear. At the age that he falls by the wayside the country-bred man begins to show his strength and his ability to use the stored-up energies of his early life. His has been an infancy of quiet and repose. A mother strong and healthy, with none of the worries of fashion or society, has given him maternal care. If her mind has not aspired to higher spheres, it has, at least, been free from the passions engendered by luxury and excitement. So her child grows up as the proud possessor of a brain that has the strength to withstand prolonged and exhaustive efforts. Such men hold the destinies of nations in politics and business, but they, too, must beware lest

they destroy their own strength by not husbanding it. Their potentiality must be reserved for their heirs. If it is not, their daughters, the mothers of the next generation, will be the excitable, nervous women, always up-hill and down-dale, who are the dread of the physician and the bane of the family.

If the mothers of to-day will pay more attention than they do to their own and their children's bodies and minds, the health and happiness of future generations will be assured. The "bundle of nerves" will be read of as a phase of twentieth-century weakness. The childless woman and the enervated man will give place to the healthy matron with her blooming daughters, and to the hearty husband surrounded by ruddy-cheeked sons.

A PHYSICIAN'S HINTS TO OBSERVING MOTHERS.

The faculty of ready observation is a rare and precious possession. The power to lay clearly and briefly before another the facts that have been observed is equally rare—astonishingly so, I had almost said. Together, their value to the young mother is incalculable. Now, while in certain instances both seem to "come by nature," it is beyond question that both can be acquired. To do this, an observation-habit must be formed, and when this is done it will be found following the invariable rule of habits. Its practice will become constant and instinctive.

The Mother as the Doctor's Assistant.

Not the least of the advantages accruing to the one practising the obser-

vation-habit is the great assistance it enables her to give the doctor who may be called in to prescribe for her little one. She may not herself appreciate it; but she may be sure that, while in few words she is giving him the facts in regard to her child's condition, he is silently blessing her. What the doctor wants is *facts*, not opinions; knowing these, he is in a position to draw correct conclusions, and by giving them you have helped him more than you can know.

A certain eminent hospital and dispensary physician was accustomed to begin his examination of each case with the request, "Put your finger *where* you feel badly." He had no time to waste in gathering inaccurate

information, but struck at once at the root of the trouble.

Misleading the Doctor.

Just *why* it is that a large number of intelligent men and women, whose act in sending for a doctor is a confession of their inability to meet the emergency and their dependence upon his judgment, should take pains to interweave in their account of the case opinions which must be crude, and judgments that cannot but be superficial, is unexplainable. Politeness will compel or enable him to listen; but he will groan in spirit at the confusion and needless delay, while a long series of questions will often be needed to winnow out the facts of which he is in search.

"Doctor," called an anxious mother through her telephone to her physician, who had risen from his bed, for the third time that night, to answer her call, "Baby's crying."

"Perhaps it's a pin," suggested the doctor with a promptness that spoke volumes of a previous and similar experience from the same source.

"No; I've looked."

"Does it seem like the colic?"

"Oh! I'll see; I didn't think of *that*."

"Well," hazarded the doctor, "perhaps—she's hungry."

"Oh! I'll see; I didn't think of *that*."

There was a prolonged silence. The doctor returned to his bed, and was falling asleep when his bell again sounded. Catching up his telephone, he heard:

"You were right, doctor: Baby *was* hungry."

She had not formed the obser-

vation-habit. The above is not an exaggeration of what happens more or less frequently in the practice of most physicians, and it serves to point the moral of another phase of the principle under discussion.

What Observation Teaches.

It is through the practice of observation that we learn not only *how* but also *what* to observe.

In his excellent article on "The Fever Thermometer in the Nursery," in *BABYHOOD*, Dr. Ely pointed out the vast amount of suggestive information furnished by this little instrument of precision to the observing mother. He showed us that in many instances and conditions it acts as a touchstone; dissipating groundless fears, or, it may be, giving reason for apprehension. Every aid of this sort is a material gain to observation, and should be heartily welcomed. Observation includes the study of individual differences in our children, and will aptly suggest the varied methods necessary to their harmonious development. Twin children, as we all know, may bear so striking a resemblance to each other as to be, apparently, exact physical counterparts, and yet, mentally, be as diverse as Dan and Beersheba. It is the function of observation to seize upon differing characteristics, and to so stimulate and repress that individual needs shall be fully met while family unity is strictly preserved.

The higher departments of observation lie properly in the domain of experience and the trained intelligence that comes from it. We would not be understood as writing aught to intimate the sufficiency of untrained ob-

servation in the solution of any serious family problem. A timely recognition of its own limitations is, perhaps, one of the surest indications of correct observation. But the mothers of BABYHOOD, I am sure, need neither prompting nor stimulus to the loving service above alluded to. The knowledge that comes through watchful care is of great value in enabling them to detect deviations, however slight, from the health standard. To cultivate a ready habit of accurate observation in his son, a celebrated man, Miss Nightingale tells us, was accustomed to take his boy "rapidly past a toy-shop; the father and son then described to each other as many of the objects as they could which they had seen in passing the windows; noting them down with pencil and paper, and returning afterward to verify their accuracy."

The Causes of Defective Observation.

Inability to speak the truth frequently results from a failure to practise the observation-habit. We do not, of course, refer to conscious deception; but simply to the failing of certain people, whom we all know and love, but who never get things straight. This may result from either—

1. Defective information;
2. Defective observation;
3. Great imagination.

All may desire to be, and fully believe that they are, accurate, yet fail through indolence of mind or hasty judgment.

Persons of the first and second classes observe little, often giving the most imperfect description of things constantly before their eyes. They do

not *mean* to be inaccurate; they simply fail to observe.

The third class observes as superficially as the rest, but in this case imagination steps in and embroiders such a voluminous garment of fancy upon a slight substratum of fact as to render the truth unrecognizable in her strange apparel. Such persons do not only not *observe*, but they do not observe that they *have not* observed. The value of habitual observation is most apparent, just as its absence is most serious, on the occurrence of an emergency.

"I remember," says Florence Nightingale, in her *Notes on Nursing*, "when a child, hearing the story of an accident related by some one who sent two girls to fetch a bottle of sal volatile from her room. 'Mary could not stir,' she said. 'Fanny ran and fetched a bottle that was not sal volatile, and that was not in her room.' Now, this sort of thing pursues every one through life. A woman is asked to fetch a large, new-bound book, with a red cover, lying on the table by the window, and she fetches five small, old-boarded, brown books lying on the shelf by the fire. And this though she has put that room to rights every day for a month, perhaps, and must have observed the books every day lying in the same place for a month, if she had any observation." A want of ready attention is often the reason for mistakes of inadvertence.

Finally, in the study of your children's highest interests remember that, while loving care is something, loving observation is everything. Care will often bring them through the stream Difficulty; Observation will build a

strong bridge, over which they will go dry-shod. Care trudges along on foot; Observation sits in the seat and drives. Care meets the difficulty when

it comes; Observation sees it coming and avoids it. In short, Care is the servant, Observation is the master. Which shall we choose? W.

HOW INFANTS LEARN TO USE THEIR EYES.

Every intelligent mother watches with pride the development of her child. Next to joy felt at the first few sounds uttered is the pleasure experienced when the young infant recognizes the face of its mother.

Development of the Sense of Sight in the First Month.

It has been said that man is born blind. Comparatively speaking, this is true to some extent. The sense most early exercised by the new-born infant is the sense of sight; but here it has the power only to distinguish light from darkness, and it is, therefore, in comparison with its later development, blind. The human species brings nothing into this world, while in many of the lower creatures the senses are at birth fully developed. What a difference there is between the dull eye of the new-born infant and the sharp vision of the young chick, which is able to pick up with precision a grain of corn, or even snap up a fly, while the eggshell may be still sticking to its back! The eye of the infant, however, is developed very gradually, and during infancy and childhood it learns how to see. In the first few days it notices the difference between light and darkness when the light is very intense, and it may even knit its brow in sleep if a bright light be brought close to its face. On the same principle, a striking bright color

will also be noticed when held close to the face. In all these cases, however, the infant follows the object by turning its head, and not by the movement of the eyes. The eyelids open and shut from birth, but they are not always moved at the same time with the movements of the eyeballs until the infant has reached the second or third month. Under two or three months of age infants do not wink when the hand or an object is waved before the face, because they do not see the hand distinctly, and also because they do not associate the idea of fear with this movement.

The Appreciation of Distance.

One of the remarkable points of interest in the development of the infant's power of vision is the way in which it learns to appreciate the objects seen. It has to learn to discover the distance of objects, their shape, size, character, etc., and this it does with the assistance of the sense of touch. The infant reaches inco-ordinately after an object, not having a clear idea of its appearance before the first year of life. The face of the mother or nurse is made familiar in that it is brought so close to the infant's face.

Double Vision.

After the infant has learned to see objects distinctly at the distance of

several feet, it begins to use both eyes in common. At first the eyes act independently of each other, so that it undoubtedly has double vision and sees everything double. This double vision, or diplopia, as it is called, is present because the eyeballs, moving independently of each other, receive different images, and it is not until these images are reflected with accuracy on the corresponding parts of both eyes that the child loses the diplopia. This double vision can be produced by many at will, by looking "cross-eyed." Often the eyes do not act together at all, when there results a squint, and in this case the child, no longer an infant, uses one eye only, while the other is comparatively useless. This form of squint in children of six to eight and older can best be remedied by an operation.

Touch Aiding Sight.

But to return to the infant: after it has learned to fix an object and see it clearly, it has also learned to appreciate that this object is not upside-down, for at first everything appears as upside-down to the infant, and it is not until the sense of touch corrects this delusion that the eye understands the true state of affairs. Now, the infant having reached the point when it sees an object clearly, and appreciates that it is not reversed or upside-down, it must also begin to understand objects of three dimensions—that is, to find out the difference between a flat surface and a solid body. Here the sense of touch also assists. The infant grasps an object, and, putting it to its lips and face, satisfies itself as to the shape, character, etc.

Effects of the Recovery of Eyesight by Blind Persons.

It is interesting in this connection to note some cases in which a person born blind recovers sight when grown. In one case a young man who had lost his sight in early infancy was so completely blinded that he could not distinguish even the strongest light from darkness. After an operation on one eye had been successfully performed he began to see objects without understanding them—not being able to judge their distances from his eye—and he felt as if everything was touching his eye; so that to touch an object he at first would put one finger or the hand up before his face, pointing at the object aimed at, and reach forward until his finger came in contact with the object. After he had recovered the use of both eyes he began to find out that everything was not flat, but that many things had a certain thickness as well as length and breadth, and in this way he began to learn to see solid objects. But even for a year or two after complete recovery he was unable to decide whether a certain figure was a flat surface, as in a painting, or a solid body. He was also obliged to learn the different animals and objects, not knowing the difference between a cat and a dog until he had touched them.

Learning to See.

I have purposely related this case in full, to show that we all go through just the same process of learning how to see in infancy, and it is only because we learn so gradually, as the sense of sight becomes more and more developed, that it is no great surprise

to us. We appreciate solid substances as such because, our two eyes being normally about two and one-half inches apart, we see different parts of an object with each eye, and then appreciate the idea of its solidity. Even the practised eye may be deceived in perspective. Take the stereoscopic view, for instance: we know that the two views on the one card represent the same subject, but taken from a slightly different point of view. This, when looked at through the stereoscope, gives the impression of relief or solidity, because the two pictures taken from different points are so changed by the refracting glasses in the stereoscope that the images fall on corresponding parts of the two eyes. The child may be two or three years, or even older, before it has control

over its eyes and can judge of the distance of objects in the room, etc.

The Protection of the Eye.

The care of the eye is a question of great importance for mothers and nurses. The eyes of new-born infants should be carefully washed with fresh, clear water, and if anything unusual is noticed the physician should be seen. The infant's eyes are especially to be protected against too bright a light. It is by no means an uncommon thing to see a nurse wheeling a young infant in the carriage while the bright sun is pouring into the child's eyes. This does not argue against taking infants into the sun when the weather is not too warm, but the eyes should always be protected against the bright glare, whether direct or reflected.

THE CAUSES OF BABY'S CRYING.

This is a serious question. On its answer in any particular case may depend the future usefulness, if not the life, of a man. Let it be remembered that Baby is neither a dunce nor a diplomat. Crying is that dialect of his language by which he expresses his discomfort. He means something—he is not a dunce. He does not want to conceal his thoughts—he is not a diplomat. Do not take him up on your knee and bounce him up and down as if “to bounce the life out of him.” Let him alone, if you don't know anything better to do. Bouncing may silence him for a moment, but it cannot remove the original cause of his complaint. It may give a new direction to his thoughts or substitute

astonishment for pain, momentarily, no longer. Let him alone and observe him. The cry, at first complaining, becomes angry; still let him alone and it becomes furious: he is in a rage. Evidently, though we may not know what to do, doing nothing is not the best that can be done. What is? Let us try and find out.

The cause of his annoyance must be either physical, mental, or moral. I see you smile, dear madam, at the idea of Baby's having a moral discomfort. You are not acquainted with him, that's all. Watch him carefully and you will see he not only has a mind which thinks, and that actively, but a conscience as well which pricks, and sometimes sharply. If ever “the miss-

ing link" is found it will undoubtedly be a baby lacking the sense of moral accountability, in all other respects a perfect human being. Bulwer describes the creature in his "Strange Story," but it is not certain he ever saw the animal. Philosophers should know this fact, so that they might spend their time hunting for this wonderful baby and thus be kept out of mischief.

Now, the chances are overwhelmingly in favor of the assumption that Baby's crying on any given occasion has a physical origin. So let us strip him first in order to ascertain the probable cause. Indignant mother, I know you are too sensible ever to allow a pin with an unprotected point about your child; but stay, I am not looking for that pin. I have too much confidence in you. The room is warm and free from draughts. Baby is relieved of the artificial encumbrances which we call baby-clothes. Stroke him gently downward with your dry, warm hand, and, *presto!* he is still; positively, he is laughing. Let us wait awhile now. Maybe it is only the novelty of the thing, after all, and we have not reached the real cause of the original protest. By waiting we learn something definite. If he continues "good"—*i.e.*, comfortable—we are *sure* the mischief is hidden somewhere in the folds of those garments. Let them be rigidly examined. Perhaps this one is too tight. Maybe the long, heavy skirts (abominations at best) have been dragging him at the neck or waist. Whatever it is, let us remedy the evil. It is possible, for we know it is somewhere in the clothes.

I saw an eight-months-old boy treated in this fashion once for an obstinate crying spell, and the cause of the trouble was found to be a fine thread of sewing-cotton which he had managed to twine around one of his toes. The cotton had nearly embedded itself into the flesh and was apparently hurting him greatly. When it was taken away and a little arnica and water applied, the little fellow at once became as bright and smiling as before.

Unsuitable temperature perhaps causes Baby more discomfort than anything else. A brisk breeze, which the robust nurse inhales with pleasure, may be, to his more delicate perceptions, a positive distress, if not a source of danger. The careful mother has a profound respect for the thermometer, and regards the calendar almost with indifference. A cold, rainy spell in midsummer may do more harm than the worst blizzard that ever blew in winter or early spring. But let it be borne in mind that if Baby is uncomfortably warm he will fret, he will cry, he will rage as before; and as we propose to check the evil in its first stage, let us be sure not to swathe him in heavy clothes, load him with flannels, and generally steam him, when nature demands and the thermometer indicates the smallest possible amount of covering.

Probably the most sudden and violent change which Baby has to endure in his life is the first on his entrance into this, to him, exceedingly cold world. The wonder is, not that so many babies "take cold" at that moment, but that all do not. History tells us that it was the custom of the

ancient Gauls to plunge the newly-born infant into cold water—the running water of a river or brook—which bath was continued daily through life; but it fails to record the number of deaths resulting therefrom. However, there must have been a vast number left, for there were enough to swarm out from the parent hive and overrun the world. As to the quality of the survivors, we have the testimony of their enemies that the men were brave and honorable and the women chaste and beautiful. How much of this most desirable character was produced by a daily bath in a running stream we cannot, at this late day, venture to decide.

In the matter of the bath we cannot be too careful, and should always remember that Baby, although a very small atom of humanity, is as much an individual as Goethe or Julius Cæsar. He has his likes and dislikes. They are born with him. They are his own and go to make up the sum total of his individuality. In short, Baby is himself and not another baby. Indeed, so far is this true that he speaks a language all his own, "not understood of the people" at large, nor even by the other baby; but the quicker his nurse learns it the better for both. He should rejoice in his bath and welcome it with delight. That is the normal state of affairs. If he does not, if he protests, objects, screams, and makes himself and all around him uncomfortable, there must be something wrong. Let us be careful not to make the bath a bug-a-boo. If he is afraid, deal with him gently until "usance blunts the sense of danger." Especially in sea-bathing. It

is cruel beyond expression to carry a terrified, screaming child into the boiling surf. What benefit can possibly be derived from such a fearful shock to the delicate nervous system of an infant? Better, by far, put him down on the beach where the water can barely reach him, and let him find out for himself what fun it is to dabble in the water and dig his fingers in the wet sand. He has the comfortable assurance that *terra firma* is there all the time. He can see it and feel it. Remember, a child can see *nothing* when the spray and foam is dashed in its face.

The question, What makes Baby cry? is worthy of careful thought. Baby ought not to be allowed to cry at all; he would not, if we did all we might do to prevent it. It would be intensely ridiculous, if it were not so pitiful, to see a crying child violently rocked by a stalwart nurse, who with a lusty voice strives to drown the noise of the child. She sings (or screams) in tones which make the windows rattle and the hearer's flesh crawl; while Baby yells an indignant protest against the double wrong, the frightful din and his own unregarded sorrow, whatever that may be at the moment. He gets "good" in time and goes to sleep—sometimes. Of course he does. His lungs are not as large and tough, nor his "staying powers" so great, as those of his nurse. Worn out, "tired nature's sweet restorer" kindly saves him further torture, and so he forgets his woes.

When Baby cries let us see to it that he is not chafed, weighted, nor constrained by his clothes; that he is warm enough and cool enough; that

he is neither hungry nor thirsty. And here let me remark he is more frequently thirsty than he gets credit for. When he is, he wants *water*—nothing else will do. If all these matters are attended to and he still complains, we must look deeper yet. Something is wrong, and here medical skill must be called into play, whether it be that of the experienced nurse or the presumably more profound wisdom of the doctor. One word about the latter. When you ask him, "Doctor, what

docs make Baby cry so?" and he says, "I don't know," do not jump to the conclusion that he knows nothing. This answer only shows him to be brave enough to risk your disfavor and honorable enough to tell the honest truth. But if he adds, "We will see what is the matter," then cherish that physician as a precious jewel. He is brave, honorable, and skilful—a very Bayard of potions and powders.

P.

NURSERY PROBLEMS.

Peculiar Weakness of the Tongue; Questions of Teething.

To the Editor of BABYHOOD:

(1) Is there any reason why a baby five months old should almost continually keep its tongue out? Its mother hoped that after a month or so it would have learned to keep its mouth closed, but nearly an inch of its tongue can usually still be seen.

(2) My little girl, two years and three months old, although in perfect health, has only twelve teeth; she has not yet cut either stomach or eye teeth. Is there any food I could give her which would increase the lime and tend to strengthen her teeth? She is likely to inherit poor teeth, and if possible I want to prevent it.

(3) Is it true that a teething child is sometimes troubled with a "tooth-cough" and red blotches on the skin?

Brockton, Mass.

A. M. C.

(1) There certainly is a reason, but we do not know the reason in this particular case. It would be well to examine the mouth and throat carefully to see if any local cause exists, or have your physician examine them.

(2) It is doubtful if a child of two years and over that has but twelve teeth is in perfect health. It may be free from any definite disease, but it

probably has an imperfect nutrition of some sort. Probably the best foods for giving lime salts are milk, the cereals (the whole grain), and a little meat if the child can digest it. Usually there is a deficient digestive power in such cases. The medicinal treatment will be beyond domestic skill.

(3) Symptoms of that kind do occur frequently during the period of dentition, which lasts on an average about a year and a half. But the relation between the getting of the teeth and the other troubles is not proven.

Hoarseness; Water in the Ears; Wheeling Baby; Confining the Feet; Catnip Tea.

To the Editor of BABYHOOD:

(1) Is simple hoarseness, not the result of violent crying and only occasionally noticeable, indicative of fresh cold?

(2) Is it hurtful to the ears to allow Baby's head to lie sufficiently low in her bath tub to admit of the water remaining in them?

(3) Is there any special virtue in wheeling Baby in her carriage? If set to rest in some desirable spot, is Baby's outing as beneficial to her as though mamma's time were given to carrying or wheeling her about?

(4) Does BABYHOOD approve of the plan of leaving tiny feet unconfined by little shoes until the wee one attempts to stand?

(5) Is catnip tea loosening or binding?

Omaha, Neb.

N. S.

(1) Not always. Better inquire into the state of the stomach.

(2) It depends very much on how perfectly you get the water out. Salt-water bathing often causes trouble if the ears are filled. We do not happen to know of a case where fresh water has done so, but it may do so.

(3) The sunlight and air are the desiderata; the wheeling is usually of no importance to the baby after a suitable place has been reached, unless it be a baby that demands constant change of scene.

(4) Yes, a wide, warm stocking is enough until the baby begins to use its feet for walking or creeping.

(5) Neither, unless so much of the tea is given that it acts by bulk as a laxative. Catnip tea relieves colic, and by so doing allows the bowels to move or not as other conditions may determine, so it may at one time seem to be loosening and at another binding.

Asses' Milk for Delicate Children.

To the Editor of BABYHOOD:

I have often wondered why BABYHOOD does not advocate the feeding of delicate babies with the milk of a donkey or a goat. Here in Mexico it is a very common custom, and my own experience has proved it so successful that I feel like telling other mothers about it.

My oldest child was a strong, healthy baby, nursed until she was fourteen months old, and with a digestion apparently perfect.

Immediately after weaning she began to fail in strength and nothing agreed with her. I used milk, diluted and undiluted, flour ball, oatmeal, and finally meat juice and small balls of raw steak pounded and sifted. After three months of trial, all being done under the advice

of a competent physician, the baby had a constant dysentery and seemed to be growing weaker. The doctor then insisted that we should try the milk of a donkey, and, though we had no faith that it would be of any use, we bought a *burra* with her absurd little one, a month old, and established them in the *corral*.

When Baby was ready for her meal we sent down her cup, and Don Pedro would come back bringing it full of the white, foaming milk. She had five meals a day, and nothing besides the milk in the way of food. For some time she took "cream nitrate of bismuth" in the milk, a medicine which I consider invaluable for teething children. She began at once to improve, and took her milk with the greatest relish, soon gaining strength to run and carry her own cup to Don Pedro. We kept the donkey six months, and when Baby's teeth were through began to use cow's milk again without the slightest trouble.

With my next baby I resolved to begin earlier to wean her. At ten months I began, she having six teeth and being a perfectly healthy child. I sent to the United States for the best "foods," and began with the utmost care, giving five meals a day, prepared by myself after the most approved BABYHOOD style. Very soon the baby began to show the dreaded symptoms—indigestion and dysentery—and we called our physician. At once he ordered a "donkey," and we did not wait this time, but sent for Bertha's former "mother," which fortunately happened to have a "baby" about three months old. Margarita liked the milk at once, and it had the same effect as upon Bertha. She is now running about and is cutting her double teeth with very little trouble, and takes nothing but her *burra's* milk.

Very few young babies can thrive on cow's milk here, possibly because of the climate. All who do not nurse their children employ wet-nurses, and I have known of *three* being employed at the same time for children of the same mother, because Mexican babies are often nursed until they are three years old.

Undoubtedly the virtue of donkey's milk consists in its being of a lighter quality than cow's milk, and in its being taken warm from the animal. Why is it not more used in other countries besides Mexico? Perhaps some mother who does not know what to try next to nourish her suffering little one may find help in reading about my two little Mexican babies,

whom we consider as bright and winning as if their mother had not been a "donkey." N. H.

The value of asses' milk is well established. Its composition is considered to be nearer that of human milk than is the milk of any other domestic animal. On the Continent it is used to some extent, and in Paris it is not rare to have the ass driven to the door and milked to give the required supply of infant's food. In this country asses' milk is practically an impossible alternative. In Mexico, where the *burro* (and *burra*) is met at every turn, it is quite different.

The milk of the goat is considered in some respects to be better than that of the cow as an infant's food; but its advantages are less marked than those of asses' milk. Those persons whose dread of tuberculosis leads them to argue against the use of cow's milk at all, sometimes urge as evidence of the superiority of goat's milk the great insusceptibility of the goat to tuberculization. The experiment with goat's milk can usually be tried, if one desires, as a milk-giving goat can be found in most of our large towns or their suburbs on little inquiry. The supply, however, is not great, and if the use of goat's milk were to become in any way extensive the business would have to be conducted in the same way as an ordinary dairy farm, and this requires capital.

Brushing and Combing of the Hair.

To the Editor of BABYHOOD:

Is it good for children's hair to be brushed hard? What kind of brush and comb do you recommend? Is it true that wetting the hair before combing or brushing makes it dry and interferes with its growth? Do you approve of the use of pomade?

Washington, D. C.

Frequent and thorough brushing of the hair is extremely desirable. It not only improves temporarily the appearance of a child, but tends at the same time to keep the scalp in a healthy condition. It stimulates the growth of the hair and prevents it from becoming dry and harsh. Care should be exercised in selecting a thick, soft brush, and due attention be paid to the manner in which it is used. There is a right way and a wrong way of doing many things, and in hair-brushing the latter is too frequently employed. A comb is an implement of doubtful utility in the nursery, and certainly one which is capable of doing as much harm as good. For parting the hair a coarse comb with blunt, rounded teeth may be used, but for dealing with the inevitable snarls which so often occur in the best-regulated locks a brush, supplemented by gentle fingers only, should be used. Under no circumstances should a fine-toothed comb be allowed to come in contact with the delicate scalp of a child.

The custom of wetting the hair before combing or brushing is one which ought to be condemned for various reasons. In the first place, the nurse who is permitted to dip a brush in water and then plaster down the hair with it will never spend the amount of time required to get it smooth by the proper use of a dry brush. The child's head will therefore fail to receive the thorough brushing which a healthy growth of the hair demands. In the next place, no juvenile hair was ever improved in appearance by having its graceful curves transformed into dripping perpendicular lines; and,

F.

finally, the frequent wetting of the hair is certain to make it harsh and dry. It is true that some children have hair of an exceedingly refractory character; but even in such cases the frequent use of a dry brush will in time exert a mollifying influence by stimulating the supply of natural oil. When the hair is very harsh the sparing use of pomade is unobjectionable.

Condensed Replies.

B. M., Kenosha, Wis.—When flesh diet is begun milk diet must be proportionately restricted. The disorders of digestion which attend the meat diet (which, we presume, is intended by you by the phrase "distinctly inflammatory effect") are due not so much to meat as such, but to excessive ingestion of nitrogenous food. Many adults complain of similar results from the use of milk, yet rarely does a real milk diet disagree. But a meat diet, added to a milk diet, will very likely disagree, and the blame is attributed by the sufferer (or his attendant, if the former be a child) to that article of which he is least fond. So if your child is already sufficiently well nourished on milk and cereals, and meat be added, an equivalent amount of nitrogenous food in the form of milk must be withheld.

D., Van Buren, Ark.—We do not think the digestive disturbance can have been caused by the orange. This fruit is most digestible and refreshing, seldom disagreeing with the most delicate stomach, and being admissible under almost all conditions of health and disease. The seeds should be carefully removed, and under no circumstances should children be allowed

to eat the rind. Did your child perhaps neglect these precautions?

R. P., Union City, Ind.—Did you think of earache as a possible cause of the extreme restlessness? In children too young to express their feelings, it is often hard to determine just what is the cause of their trouble. Obstinate and long-continued crying, lasting for hours and sometimes for days, is usually due to hunger, thirst, or earache—barring, of course, such mechanical causes as pins and uncomfortable dress—and when a child with good digestion ceases its crying on nursing, only to commence again when the meal is finished, we may consider earache as a very probable cause of the trouble.

G. O., Chicago, Ill.—Your baby at two months had gained three pounds. As during first two weeks there is usually no gain, the three pounds may fairly be credited to six weeks' time, or half-a-pound per week, which is very good growth. And so far there is no evidence of need of additional nutriment. Better be sure on the point before you needlessly feed her.

O. J., Lisbon, N. Dak.—The method of night-dressing seems quite suitable. The Gertrude patterns can be obtained by addressing the publisher of this journal. The price is twenty-five cents.

A., Fort Wayne, Ind.—The most frequent cause of malodorous breath in childhood is, doubtless, disturbance of the digestive functions. When all the different parts of the digestive apparatus are working naturally and harmoniously, their successful co-operation results in perfect digestion and absorption of the food, and espe-

cially in the discharge of certain poisonous gases from the blood through the intestinal mucous membrane. Look carefully to the child's diet, which, it seems to us, errs on the side of abundance.

B. K., Belleville, Ill.—The treatment of chilblain consists both of preventive and curative measures. To avoid them we must keep the natural heat of the part from passing off. Therefore the latter must be kept dry and well covered with good non-conductors, as, for instance, woollen stockings, flannel underclothes, etc. If the child has feet which perspire readily and thus the stockings become damp, they must be changed often,

dry ones must always be put on before going out-of-doors on a cold day, and the child must not be kept out long at one time; of course the condition which causes the perspiring feet should also have proper treatment. As soon as the chilblain is discovered the simplest treatment is a brisk rubbing with snow, if it can be obtained; if not, ice-water is the best substitute. This is to be kept up a short time and the foot then wrapped in flannel, but under no circumstances at this stage is it to be brought near the fire. The rubbing should not be very vigorous, or the skin, which is now in a weak or semi-dead condition, will be broken and a tender surface exposed.

OUR BOYS.

In a previous paper we considered the possibility of so training our little girls, or rather of allowing nature so to train them, that their girlhood should always seem to them a joy rather than an irksome burden. There is a reverse to the shield, and perhaps the one side is neglected as much as the other.

As we are not to deny to our girls the healthful privileges of boyhood, so, equally, our boys should not be deprived of the gracious and refining influences that commonly hedge around our girls, but too often are deemed unneeded by the boys.

Whether our children are boys or girls, the necessity is imperative that they shall be taught the requirements of good breeding. Gentleness is not a quality admirable in girls and despicable in boys. Boorishness is not to be

allowed to our son, "because he is a boy, you know," while it is justly condemned in our daughter. It seems to be an idea that some parents thoughtlessly, perhaps unconsciously, hold that it is not so bad for their boys to come tramping in with muddy feet, to slam doors, to talk in loud voices, to use things without restoring them to their proper places, to neglect all the little courtesies of every-day usage, as it would be for their girls. The daughter is urged to be "a little lady." The son is not so strenuously taught that it is a desirable thing for him to be able to bear "without abuse the grand old name of gentleman." Yet, as has been well said by another, "There scarcely can be named one quality that is amiable in a woman which is not becoming in a man, not even excepting modesty and gentle-

ness of nature." And the saying is as true for boys and girls as for the "children of a larger growth." Indeed, it is apparent that if these becoming qualities are to be found in the man they must be cultivated by the boy.

A good, genuine boy, wholesome and hearty, has an ineradicable hatred and disgust for anything which he considers effeminate, or, as he himself would style it, "namby-pamby." This is healthy. We would not have it otherwise. But it is our fault that so often he confounds things *feminine* with things *effeminate*, and thinks that habits which "will do for a girl" will not do for him, a boy. Now the poles are not farther apart than are the real ideas of femininity and effeminacy, and a boy can be and should be made to understand that nobility is the essence of manliness, and that the standard of nobility is the same for him and for his sister. In teachings of this kind the precepts and example, especially the example, of the father will weigh much with the boy.

We need not fear to encourage our boys in this admiration for the noble qualities of courage, daring, and endurance, with the whole long list that always claims the allegiance of the boyish heart. They will find, as they read of the men who, because of these qualities, seem heroes to them, that courage is linked with gentleness, endurance includes patience, strength does not forbid courtesy, and daring without self-control is only silly bravado. Of Sir Launcelot it was written, "Most courteous wert thou, and gentle of all that sat in hall among dames; and thou wert the sternest knight to thy mortal foe that ever laid spear in

the rest." King Arthur, nobler still, taught "high thought, and amiable words, and courtliness, and the desire of fame, and love of truth," as going toward "all that makes a man." It will be easy to stud the boy's mental heavens thickly with such "bright particular stars." All along the centuries such examples gleam, down to Sir William Napier, who would forego a grand diplomatic dinner rather than grieve the heart of a little peasant girl who trusted him; to our own Lincoln, who could pause, with nations clamoring at his door, to attend to the petition of a poor old widow; to Garfield, who with dauntless courage tried to grasp the "one chance in a hundred," and with unflinching fortitude bore almost unexampled sufferings; to Grant, the nation's victorious hero, whose lips would not utter an oath, though they could command vast armies; whose ears could not tolerate impurity, though they were not deafened by the roar of cannon. These are names which will thrill any boy's heart, and will make easier the parent's task of teaching the boy that purity, gentleness, courtesy, and all the qualities with which we would fain dower our girls, are just as beautiful in boys, and in nowise detract from their manliness.

But, aside from the fact that moral excellence and gentleness of outer breeding are as obligatory upon boys as upon girls, there are certain accomplishments which are deemed proper for girls which seldom are taught to our boys, though they might be taught very profitably. We do not expect our boys to make their clothes, of course, but there seems to be no good reason

why a boy should not be taught to sew on a button without running the needle into his thumb. It will not hurt him at all to take a few practical lessons in stocking-darning, so that, if he is thrown on his own resources, he need not do as one boy did—run a thread around the hole, draw it up and tie it, acknowledging afterward that it “*did* feel a little lumpy.”

When our boy is at college it is a pity if he has to live in a dirty room because he does not know how to sweep and dust it. If he can make a savory cup of coffee and serve a good, plain meal, he will bless that ability in later years when his wife is sick and “the girl” leaves. If he can handle a baby without assuming the look of imbecile terror which the touch of a baby brings to some masculine faces, he has an accomplishment which often will prove a treasure to himself and others.

It is not mere theory that boys can be taught some degree of proficiency in these household matters. Already there are many sensible mothers who on this point do not need to be “stirred

up by way of remembrance.” There is a gentleman in one of our cities who says:

“We boys used to think that mother was rather hard on us to make us sew on our own buttons and make our beds, but I tell you I appreciated that training when I was in the army, and the other fellows appreciated it in me. I have always thanked mother for it.”

Boys do not appreciate such instructions at the time. They may be inclined to rebel at their necessity, and certainly it is easier for the mother to do the things herself than to require them of the boys. But wisely bestowed, in a degree not undue, at a time when it will not make the boy seem ridiculous in his own or his playmates’ eyes, such training will do much toward making him a helpful son, who shall grow up into a good husband. To develop symmetrically the characters of our children, both boys and girls, is an aim toward which we should bend our best energies, counting no trouble too great and no attention too trifling if it furthers that high object.

A. L. R.

OCCUPATIONS AND PASTIMES.

Amusements which Defeat their Own End.

Mrs. Dorrance stood at a window, watching her little five-year-old Margie as she bounded home from an afternoon visit at Wilfred Clark’s. The Clarks were new-comers, and Margie, after distantly surveying a pretty boy, of about her own age, for several days, had concluded to make a first call. “Well, dear,” said her mother, after her various wraps were

disposed of, “did you have a nice time?” She looked sober for a minute, and then answered slowly, “Yes, I think so; Wilfred has ’bout a roomful of playthings, but he doesn’t seem to *’preciate* them much”; then added, as she went contentedly to her old but much-loved dolls, “I’m glad I haven’t so many.” Wise Margie! She felt instinctively what some older than she have learned from a bitter experience.

that too much pleasure defeats itself. In these glad times, when fathers and mothers are more and more coming to live with the children, when children are strengthening their forces and beginning to assert themselves among the "powers that be," is there not danger of mental and moral dyspepsia from the use of too much sweet? In other words, is the multiplication of toys, sight-seeing, parties, and story-books a good thing for our children?

The originality, skill, and science displayed in the twentieth-century toys would have amazed our great-grandmothers, and would have struck Aladdin himself dumb with admiration. Enter a toy-store in a large city. You could spend a day there, and if you are looking for a birthday present for some boy or girl you are confused and bewildered. At Christmas-time the scenes there are like fairyland. Thoughtful lovers of children cannot help asking, "Is this dazzling display of frail and costly articles a benefit to our little ones? Do their vivid imaginations and delicate nerves need such a stimulus? And, more than all, is there not danger that, with a selfish pleasure in seeing their happiness, we rob them of that child's inheritance, a keen relish for the simplest joys of life?"

In the line of books and pictures there is also much to be said. Who of the "grown-ups" do not enjoy the Kate Greenaway pictures with their droll figures, the beautiful art books, the Mother Goose melodies in modern dress, the bright stories and funny rhymes? Then, the Christmas, birthday, and advertising cards! The little

folks go to Sunday-school, and come home with a picture-paper. Every one has a scrap-book with more than enough to fill it. Even the walls of the nursery are covered with cards, often pinned there by little fingers. "Of making many books—and pictures—there is no end!"

There seems to have come, in these latter days, a rebound from the follies and extravagances which characterized the children's parties of a few years ago. The gloves, fancy dresses, boy and girl flirtations, and late suppers, which used to scandalize the more sober-minded guardians of American children, have met with the condemnation which is their due. The "New Gospel" prevails and such things are no longer fashionable. Now our birthday invitations are given "from three to six o'clock." We are very careful as to our bill of fare—we provide "cambric tea" for the little guests. In these parties the "many playthings" come into requisition. The little host or hostess brings them all out, and has generally more than enough to go around. Yet too often disparaging remarks are made by some child of larger possessions, and the next morning the play-room presents the appearance of an unlucky city after a siege.

Now, not to appear misanthropic, nor to ignore the educating power which these modern advantages have in themselves, can we not evolve some theory or system for their use, and save our babies, and perhaps *their* babies, from an untimely *ennui*? Take it in the matter of toys. During the winter months the younger children often spend much of the time in the

house. Their restless little minds and bodies demand "something to do." The busy, or perhaps pleasure-loving, mother resorts to a toy-store, and purchases a short freedom from fretfulness and teasing with a tin horse or a train of cars. In a few days the horse has gone lame, the cars are off the track, and Charlie resumes his old question, "Mamma, what shall I play?"

It is evident that the trouble is not the fault of the children, but comes from a natural law of their being. They feel within themselves the beginnings of powers which demand action. Their little brains want to think and to plan, just as their hearts instinctively love. Let these hungry wants be fed, and they are happy. In the selection of toys their adaptation to this end needs to be considered. A genuine boy will be far happier with a chest of "real" tools than with a picture-puzzle. With the latter he can indeed use his brains to discover what some one else has planned, but with hammer and nails, saw and plane, he can originate. A little girl is much more pleased with a doll whose wardrobe she has made with her own clumsy little fingers than with a ready-made doll, however finely gotten up. A work-basket fitted up with scissors, thimble, thread, and needles is one of her greatest treasures.

It is probable that just here more than one mother will exclaim: "Well, my boy and girl have these very things, with many others in the same line; but they do not use them, they are thrown aside with the rest." This brings us to a difficulty which may account for much of the trouble. The

majority of children, while easily interested, will not follow out their natural inclinations without help. The possibilities which we see so plainly in the games and practical toys are lost to them. It is for the fathers and mothers and older sisters to spare a little time from their own engrossing pursuits to lead the little ones out into the broad fields and open their eyes to the wonders in them. Has the reader ever tried the experiment of sitting down with the little ones among the playthings and picture-books, and giving herself up for a short time to an actual enjoyment of them with the children? A half-hour spent in this way will not be regretted.

Help the little girls to play at house-keeping and "mother." Mimic, if you like, your own petty cares and domestic vexations, and in adding variety to their play you may take the sting out of your own trials. Interest yourself in your boy's attempt at carpentering or drawing or paper-cutting. You can teach patience and perseverance at the same time, without his knowing it. Show the children the beauties of the cards and picture-books. Admire them and be careful of them yourself, and they will learn to prize them. And be assured that in the love and confidence of the children you will find a reward entirely disproportionate to the little time and trouble given for their happiness.

Shall we mothers give up this matter entirely to the kindergartens, or shall we supplement their work with a joyous, contented home-life, of which we shall be the centre? We must do this if we would not lose our highest

place in the hearts and memories of our children.

T. H.

Another Side of the Toy Question

So much has been said in BABYHOOD about the advisability of providing only a very few toys for the little one, that I would like to say a few words on the other side of the question.

Roughly speaking, the child has to learn everything from experience. One cannot say to him, "See, the cork fits in the bottle this way," and give him the power to hit the hole correctly, or the knowledge of what motion is needed to force the cork down into the hole. Most children would play for days, learning the action by experience until it was easily and accurately performed. When that was once learned, however, the play would lose all its attraction, and another plaything should be substituted. It is not necessary that the one play, for example the cork and bottle, should occupy the entire attention until perfected.

There are many toys—such as the doll—which may be kept as constant playthings, but the attraction for most has gone when their object has been attained, and they should be removed,

to be given back every once in a while.

How seldom is the nursery fitted up with toys that will teach the child to become skilful with the hands and independent in action! The tin can, with a cover that fits easily, is counted a kitchen utensil, yet a child loves dearly to play with it in the same way as with the bottle, and the filling, covering, and shaking of the can will be a source of intense delight to a child of a year or more.

A valise, or even an old calico bag, has been filled and carried about the room, in imitation of papa, many a happy half-hour by my youngest boy. A low stool, or, to begin with, a thin board, has been climbed over and over until the act of stepping up and down was entirely under control. Such plays, of course, must be carefully adapted to the strength of the child, and never allowed to be played to the fatigue limit.

I have spoken particularly of the education of very little children through playthings, because older children are usually given more liberty, and "helping mother" brings in the same principle.

Stanford University.

E. H.

BABY'S WARDROBE.

Economy in the Baby's Outfit.

When it became necessary for me to make preparations for the little stranger that was to be to me both a care and a joy, I took an inventory of my wardrobe to see what could be made useful. I found a white worsted shawl, slightly *passé*, but which with a few darns looked as good as new; a remnant of cream-

colored lace-bunting, one of pink Chambéry, a little bundle of different colored pieces of flannels, three Turkish towels, a little the worse for wear; a small piece of Turkey-red—a half-yard, perhaps—a few pieces of Hamburg edging, and a quarter of a yard of oriental lace about one-eighth-yard wide; a spool of sewing silk, F.F., a number of odds and ends of worsteds

and laces. These things emerged suddenly from their obscurity.

All these trifles I converted into useful articles for my outfit. I took my pink Chambéry and cut it half the size of the shawl, and ripping the fringe off and folding the shawl over the gingham, or Chambéry, and sewing it up at the sides and end, made a very nice blanket for the cradle. The pink showing through the open-work gave a decidedly pretty effect. A shawl of any color, with a lining of cream-colored silesia or unbleached muslin, would answer as well. I have since used mine as an afghan for the baby's carriage, and it looked as well as if I had taken three weeks to make it in, instead of thirty minutes. An old hair sofa-pillow was converted into a little mattress, covered with new ticking. I made a small pillow, and over it put a Turkey-red casing; this, under a little cross-barred muslin slip, gave a pink tint like the blanket. My remnant of bunting proved to be enough for a comfortable. I put in two layers of cotton-batting, tacked it with pink worsted, and bound the edge with pink ribbon. Often one sees remnants of dress goods offered at great bargains, but, not knowing what use to make of them, passes them by as a waste of money, when, if one would but stop to think, many a useful article could be made of them for almost nothing. I once saw a very pretty comfortable made of blue cheese-cloth padded with wool and tacked with yellow and white worsted in imitation of daisies. The edges were bound with a cord of the two colors of worsteds twisted together. A crazy-quilt, composed of the small

pieces of flannels worked in either bright silks or worsteds, forms a pretty finish to the cradle.

In addition to these articles I had two heavy pads, the size of the mattress, using one at night and one in the daytime. My towels were converted into bibs and bound around with white tape. The piece of oriental lace made a very cunning little bonnet by taking off enough for the crown. This was the size and shape of a silver dollar. In the remaining piece I made six small plaits and formed it around the crown, shaping it at the sides and bordering it with a *crêpelisse* frill. The whole was lined with soft white silk taken from the sleeve of an old dress-coat.

I wanted one elaborate skirt, but had neither time nor patience to embroider one. From my stamping outfit I selected a pattern suitable for braiding, bought three sticks of embroidery braid, and in two afternoons I completed my embroidery, by hand. All modern machines have a braider, and with the help of one of these a skirt could be braided in a very short time. The hem was turned over on the right side and finished with feather-stitching. The pattern was stamped on the hem. At the bottom of the hem I crocheted a silk edge by crocheting around twice plain, then the common shell-stitch twice. The effect is much prettier and more like lace than if knitted. It took but two hours for completion. Having a small piece of flannel left from my skirt, I cut it square, made a border of pink cashmere, same length, eight inches wide, stitched it on one side, turned it over and blind-stitched it on the other,

making my border four inches wide. In cutting the cashmere the same length as the flannel it left the four corners vacant; these I made of white flannel, stitching them the same as the cashmere. I feather-stitched the border on to the plain groundwork, so that when the two corners were turned over, shawl-fashion, they would be on the right side—and behold my baby's shawl! This has been greatly admired. My baby's basket I lined with blue satin, getting the quilted for the bottom and plain blue satin

for sides; plaited the sides in one way at the bottom and opposite at the top. My stitches were made long on the right side, within an inch of the edge at the top, and were covered by a chenille cord of pink, blue, and tinsel. Two cushions of quilted satin fitted into opposite corners held respectively the plain and safety pins.

I consider the above-named articles so much clear gain, and hope the few hints will help some busy mother who has no more time for fancy work than I had.

H. W.

SOME REASONS WHY GOOD "MOTHERS' ASSISTANTS" ARE SCARCE.

BABYHOOD has frequently discussed the subject of "Mothers' Assistants," but I venture to point out one phase of it which, it seems to me, is commonly overlooked. Capable women for such positions can doubtless be had, but why do they refuse to apply for them? The answer, in my opinion, is as follows:

If the position of mother's assistant means: To be denied the ordinary forms of courtesy; to be looked upon as a person with whom intercourse is to be avoided; to live without a single apartment one can call one's own; to be compelled to take one's meals in the family kitchen; to be unable to receive company; to feel that all one's time belongs to one's employer; to be deprived of the day of rest, a day held inviolable in the case of those engaged in the very lowest occupations; to be called upon to perform the most menial services in case those charged with such duties happen to

have left the house suddenly—if it means all this, or part of this; if it means in addition to be exposed to ill-considered reprimand; to be reproved perhaps even in the presence of strangers; to be enrolled among a class of workers who are contemptuously sneered at and frequently abused in the public prints; if it means such humiliation in one's own eyes and those of one's friends and society, is it surprising that the refined American women will hesitate long before accepting employment in any such capacity?

Let those ladies in easy circumstances who cannot understand why young women in this country should prefer working themselves almost to death as factory operatives, or dress-makers, or saleswomen, or typewriters, to accepting a position in a household, be themselves confronted with the question what they would do if adversity should compel them to work

for a living. If this question were plainly put before them, they would perhaps realize what a gulf intervenes between the exchange of one's labor, devoted to the service of some establishment, for dollars and cents, at so much per day or week or piece, and selling one's self into the bondage of a household where frequently the whims of children are law.

The history of the American people has been such in its economic and social aspects that it may almost be said that there is no class of the population (excluding what still remains a distinctly foreign element) that is not profoundly conscious of the significance of the line of demarcation between servile occupations and other employments. And this fact deserves as much to be a source of national pride as anything else in the present or past. We shall have reached a sad point when the American will no longer consider it an insult to be offered a fee or to be told to wear a white cap as a badge of one's position. For the supply of such labor as is devoted to menial service or to employments savoring of menial service we are compelled to draw almost exclusively upon the foreign element in our population. Among the peoples of the Old World there is a large stratum of the population to whom servile employments appear a perfectly natural thing. From this class we can recruit a vast body of efficient workers, for the most part occupying a very high plane with regard to honesty and personal morality; but we cannot expect to find in them those higher requirements which mothers consider, or ought to consider, as essential quali-

fications in those whom they invite to assist them in the rearing and training of children. But when we ascend from this class to that portion of our population in which refinement of thought and manners is present, we find an almost invincible prejudice against the occupation we are considering, and it is at least very doubtful whether this fact ought to be a subject of regret. Can the status of the nurse-governess be made such that the occupation can be embraced by a person of refinement without a sense of self-abasement? This can hardly be before society has been educated up to a new perspective with respect to the duties of man in the matter of social intercourse. Society will have first to realize that the system of caste, in conformity with which the most ordinary forms of courtesy are denied to the class of persons who work for mistresses, is not a thing of divine ordination. Our ladies will have to learn that it is not ordained that a young woman whom poverty forces to embrace the vocation of nursemaid must forthwith forfeit the title of "miss," that is, of "lady." When will those who preach ethics from the pulpit have the courage to step forward and declare it to be a wrong and a sin to deny the day of rest to those who toil incessantly, without measure of time? When will they preach that to make use of human creatures as mere ornaments, emblems of wealth and state, and impose upon them a garb which stamps them as slaves in the eyes of their fellow-men, is an abomination in the sight of the Lord?

When society will have come to recognize that it owes other duties to

the servant class than the obligation to provide board and lodging and pay the stipulated wages, then perhaps the position of mother's assistant will cease to be deemed incompatible with "respectability."

It is the fashion at present (probably it has always been so) to discuss publicly the demerits of cooks and chambermaids, and the nursery-maid is certain to receive her share of abuse.

Fashionable mothers complain that they cannot with safety entrust their children to persons who lack refinement of thought and manners, but it does not seem to occur to them that there is any culpability in shifting the responsibilities of motherhood to the shoulders of such incompetent assistants merely because the demands of fashionable life render maternal duties and responsibilities irksome. H. S.

TESTING A CHILD'S AFFECTION.

One bright spring morning I was called from my household cares to see a near neighbor who had been taken suddenly ill. As the girl who answered the bell offered to show me to the sick-room, a sturdy three-year-old boy came forward and put his hand in mine, evidently with the intention of being my companion. I was secretly in doubt as to the propriety of his presence upstairs, for I knew him to be a mischievous and noisy little rogue, although a sweet and winning one. But, as the girl was so well satisfied with the arrangement as to go immediately back to her duties in the kitchen, I had no choice but to accept the young gentleman's services as escort. He prattled incessantly all the way upstairs, but as we neared the closed door at one end of the hall the little tongue suddenly grew quiet and the little tramping feet began to move more slowly. In answer to my knock a weak voice said "Come in," and I entered a darkened room, where lay my friend, looking so white and spent with suffering that I instantly forgot

the baby in my solicitude for her. But as soon as the first greetings and inquiries were over, the little boy came up to the bed and, gravely putting his arms around his mother's neck, kissed her cheek softly several times. Then he turned away and began quietly playing with his toys in one corner of the room.

I stayed there all that morning, doing what I could for the invalid, and during the whole time the little fellow remained in the room, sometimes playing, sometimes talking to me, but never failing to go to the bed every few minutes to repeat his first silent caress. Quiet as he was about it, I feared that it might be too much for his mother's nerves; so I said to her once, "Does he not tire you? Hadn't I better take him away?" The instant answer came, with a tightened clasp of the weak arm around the baby form, "No, indeed! He never disturbs me; he is a perfect little comfort." Then looking up at me, her eyes dimmed with happy tears, she added, "And to think that I have

always been afraid that my baby had no affection for me!"

Probably no one would care seriously to dispute the almost self-evident truth that, while parents have an instinctive love for their own offspring, the affection of children for their parents is something which will not grow without cultivation. A vivid proof of this axiom is to be found in the fact that there are nine cases of filial ingratitude for one of parental neglect. Nevertheless, parents as a rule do practically count upon a vast amount of natural affection in their children, without ever taking any pains to ascertain whether it is really there, and are often grievously disappointed at sudden bursts of selfishness from their darlings at a time when they feel that they have some right to demand a little return for all their love and care.

We are all too apt to imagine that the child who is lavish of kisses and sweet words has "a very affectionate disposition," but as a matter of fact the only true test of a child's affection is to be found in its willingness to deny self for others, and not in the number or frequency of its spontaneous caresses. It is only necessary to refer to the invalid friend and her child to demonstrate this point. This young mother had really tortured herself into the belief that her baby did not return her love. From his birth he had been averse to all caresses and had seldom given a voluntary kiss even to his mother. He had been surrounded with the deepest love from his very cradle, and yet had rarely been moved by it in the least. To the question, "Do you love mamma, Baby?" he

would often laughingly answer, "No, Baby *don't!*" And pure mischief as the words were, uttered only to tease, yet they had cut the mother to the heart. But now when laid aside, unable to care for him, she was to learn that this mere baby really loved her. He subdued his boisterous propensities as soon as he came near her room, never teased for amusement or the gratification of any wish, ran without prompting for anything he saw she wanted, and, what was by no means least in her eyes, he now lavished upon her those caresses even one of which she had asked for in vain when she was strong and well.

This mother had *not* taken her child's love for granted. She had prayed over his lack of affection, she had tried in every winning way to instil love into his baby heart, and now when she was stricken down her prayers were answered and she had the reward of her labors.

In marked contrast to this story was what I observed in the house of another friend. The mother was expecting to welcome another little one to her arms, and during the last few months she was feeling very miserable. I have seen her six-year-old daughter come in from school or play and throw herself upon her mother with a violence which must have been torture to the poor shattered nerves. She would cover her mother's face with kisses, but at the same time would be making a request for some indulgence which her childish fancy craved. If denied, she would whine and fret until the weary mother was almost distracted; if the wish was granted, she would be as noisy in her

expression of pleasure. This friend has told me more than once that her little girl is positively *angry* when she sees that her mother is ailing in any way!

Another little girl only five years old, a much-petted child, and moreover of such a nervous temperament that excitement made her almost hysterical, one day saw her mother prostrated in a moment by some mysterious attack. Many fears were entertained for the child, who had often given way utterly in less serious cases. But the little maiden went quietly about the house and never made a sign of her intense feeling until several days after, when the worst was over, and then she said to her mother: "Mamma, I was awfully frightened. I thought you were going to die that night, and I felt like crying every minute, but I didn't cry at all." Who will say that I have not stated the true test for a child's affection?

In spite of the two favorable instances which I have mentioned, I truly believe that where the crucial test is presented the child's love will be found wanting in nine cases out of ten. Of course this will be denied by those parents who are accustomed to place an extravagant value upon the caresses of their children (caresses too often offered, I fear, as bribes for some desired pleasure), but I leave it to all who have any acquaintance with children, whether the majority of the little ones will ever voluntarily make any considerable sacrifice of their inclinations for the sake of their parents.

Nevertheless, I do earnestly believe that this selfishness on the part of chil-

dren is much more the fault of the parents than of the children themselves. Very few children are naturally unselfish, but almost all are naturally generous, and when that faculty is appealed to it generally responds quickly and gladly. Parents are always hurt by a child's ingratitude, but they usually bear the hurt in silence, so that the child has not the least idea what an injury it has inflicted, and is probably at the same moment harboring in its swelling little heart a feeling that its parents are harsh in judgment, arbitrary in punishment, and utterly careless of their child's happiness. If two grown persons felt in this way toward each other their manner would betray them, an explanation would be asked, and the matter set right; but the downcast look in a child is accounted sullenness; if he looks sad he is in a pet. No one thinks of asking an explanation of his depression, or of trying to get at the root of his trouble.

How many parents take any pains to ascertain what their children think of them? Do not smile incredulously. A child's opinion is worth something. I care a great deal more about what my boy thinks of me than I do about the opinions of my neighbors. And how can we be at all sure that they view us in the right light, unless we find out what they do think?

We have a right to look for love and gratitude from our little ones on account of what we do for them. Not for doing our duty to them—that is their right; but how many parents do for their children just what is required and no more? For every parent who simply "does his duty" by

his children, there are nine hundred and ninety-nine who are sacrificing self every day of their lives in order to do the very best possible for the children whom God has given them. For this we rightly demand a return; for the daily self-denial, for the sleepless nights spent in planning for the loved ones, for the tears shed over their sorrows, for the smiles bestowed upon their joys, for the love which overshadows them from the cradle until they go out into the world, for the prayers which follow them even

then—for all this we have reason to expect that they will love us and bless us. But even for this they cannot be thankful until they know something about it. Give, then, your children your confidence and demand theirs in return. Teach them to love you just as you teach them to love God; else the affection which they feel for you will be nothing higher than the instinct of the animal which stays near the hand from which it receives food and warmth.

D. N.

NURSERY HELPS AND NOVELTIES.

"The Doctor."

I must tell about a closet-door bag, called by my children "the doctor." It is fastened high up on the inside of a closet door in the nursery. It is made of fancy ticking, and has three rows of pockets.

These pockets contain various articles for use in sudden emergencies. First, a package of court plaster, with a small pair of scissors (blunt points) for cutting the same; then a roll of old linen, principally old handkerchiefs; a small box of salve, a box of vaseline, and a small bottle of arnica; a piece of thin rubber cloth, and a roll of soft flannel; a package of old kid glove fingers; a large roll of flannel, cut about three inches wide and three or four yards long, for bandages, and a similar roll of cotton cloth; a box of absorbent cotton, a tin box of mustard leaves, and a small bottle of extract of witch-hazel. Such things are always needed in a family of children, and when wanted are wanted at once.

By the way, if a child cuts his finger badly, the best thing to do, if one has good nerves, is to hold the edges of the cut firmly together, and with a fine needle and thread take a tiny stitch first one side and then the other till the cut is held firmly together. The finger will not have to be done up and heals "by first intention," as the doctors say. My mother always did so, and I have followed her practice with capital results

Michigan.

R.

Captivity for Little Runaways

"Necessity is the mother of invention." My boy was always a nervous little fellow, and did not like to stay in one place. He was allowed to go to sleep by himself, and when quite small gave us no trouble in that respect. As he grew older, he would climb over the side of his crib and creep around the room, and we never knew where to find him when we came into the room, so that some one was obliged to stay with him until he was asleep.

Recently a cousin spoke of his little one being of the same disposition, and took me in to see an ingenious device for keeping the little fellow in bed. A large hammock was drawn over the crib and securely tied underneath. It was one of the netted hammocks in which the meshes will not slip. A hand can be slipped through the meshes to cover up the little fellow, and he lies in this little cage and goes to sleep without watchers, and will lie in his crib, or sit up and play when he awakes, until some one comes to him.

Alameda, Cal.

M.

The Hourglass and the Barrel

In one corner of my friend Mrs. L——'s chamber stood an article of furniture that had often puzzled me. It was apparently a barrel covered with pretty cretonne; the cretonne was tacked in box-plaits about the top of the barrel and brought down to the middle, where it was secured by a broad satin ribbon that encircled the barrel, and tied in a huge bow in front; from there the cretonne fell loosely till the wide hem hit the floor. There was a flat cover to the barrel,

extending two or three inches beyond the edge all around, and covered with the same material with macramé fringe tacked about the edge. On this table (for such it appeared) stood Mrs. L——'s dainty work-basket. Judge of my surprise one day, when, passing Mrs. L——'s door, which was ajar, I saw Master Harry's head and shoulders appearing above the barrel, with his big brown eyes fixed intently upon a minute-glass just opposite. Then I began to understand the puzzle. Later Mrs. L—— told me that it was the only punishment she resorted to, and, taking off the top of her sewing stand (*i.e.*, the barrel), she showed me that it was carefully lined to save the soft fingers from splinters or accident of any kind. "When they are naughty in a way that merits punishment, I put them in, or rather have them *get in*, if they are large enough, and then I put the minute-glass where they can see it. If all goes well the time is short, but if they are rebellious the glass turns a somersault and so many minutes are added. It cannot hurt them," she added, "and I cannot be hasty and have to repent."

S. M.

EARLY READING AS A RESOURCE AND AMUSEMENT.

So much has been said against teaching young children to read that I should like to present the other side of the question, as I believe that reading should be taught as soon as a child can speak fluently. The exact age will vary with the child; but on an average we can begin with the alphabet at the age of three, and

by four or five reading should be a pleasure and resource to the child. The present custom of deferring all systematic instruction until seven or eight years, sometimes even later, gives us a class of children who are constantly whining for something to do, and making themselves nuisances to all around them, while the fond

mother says, "Dear little fellow, he is too nervous and his brain is too active for us to teach him anything!" When at last school life does begin, the teacher finds no habits of attention nor power of patient work; the child suffers from the sudden change from unbounded liberty to the strict discipline and long hours of the school-room; and the first few years of school life are spent in doing at a disadvantage what the mother could have done so easily while the child was altogether in her hands. So great is the difficulty sometimes found in teaching large children to read, that I have more than once seen a boy of the educated classes who at ten years old could not read for himself the text of the lesson books given him at school, and who was studying arithmetic, geography, and even Latin, under such disadvantages.

At four years a child really needs some regular work and enjoys his play all the more for it; and if he can fill in vacant moments by reading for himself the little stories suited to his comprehension, he is a joy to himself and to his elders. A young child likes to learn anything new, and the alphabet is just as interesting as Mother Goose if it is taught in the right way. Some mothers think that lessons must be made a disagreeable task and try to continue them after the child is tired. The true secret is to stop before fatigue is felt, and to feel in no haste yourself. If a little child takes three months in learning the letters it does not matter. Associate each letter in his mind with some pleasant image or idea, and when he begins to spell make little stories at

once of the words learned; use the old way, the word method, or the phonetic—whichever seems to suit best for the individual child, or whichever appeals most to your mind—but have a regular time and a regular place, and adhere to them strictly. As Miss Martineau well says, "A law of work which leaves him no choice, but sets his faculties free for his business, saves him half the labor of it."

Five minutes a day is enough at first, if it be regularly given. The length of the lesson can be gradually increased, until at four or five a child may have two lessons of half-an-hour each in the course of the day; and when he goes to school at seven or eight years, he will have a power of attention, and have done the worst part of the drudgery of his education, without knowing that it was not a pleasure. Even if he is no further advanced at ten years old than the boy who began later, he will have learned with less nervous strain and in an easier way. "The mind of an infant is wax to receive and marble to retain." Why not, then, make the impressions with things that must be learned sooner or later, and leave the after-years free for the reasoning and work that cannot be done in early life? Of course a careful mother will see to it that the print used by her child is clear and large, that he does not read by insufficient light, that due exercise in the open air is taken; then will be seen a sound mind in a sound body, growing together, and both duly nourished and cared for. I speak from experience with many children and from watching the results of the two methods.

Friends and strangers who see a baby of three saying its letters, or a child of four reading a story-book with enjoyment, shake their heads and say the results will be disastrous; but I can point to many middle-aged men and women, lawyers, clergymen,

school teachers, etc., who all learned to read before they were five years old, without mental or physical injury, and whose lives have distinctly fulfilled the promise of their early intelligence.

C. T.

THE MOTHERS' PARLIAMENT.

Keen Perceptions My little son, seventeen months old, has developed a degree of perception which seems quite wonderful to his admiring relatives, so I venture to tell BABYHOOD about it, hoping it may interest others. He has shown a marked delight in looking at pictures ever since he was very young, seeming to notice and study every detail. About a month ago I noticed that, if a picture was handed to him upside-down, he immediately turned it right. We were quite surprised, as I have often seen children twice his age look at inverted pictures for a long time, without apparently knowing the difference. We have tested it in every way, but the result is invariably the same, no matter what the character of the picture. The instant he glances at it he turns it right before he will deign to look any further. We have tried pictures only an inch square, and even postage-stamps, but it is all the same. If one is given to him *right* side up he never attempts to turn it, but shows great pleasure in looking intently at it. He has been sick a great deal, and is not at all far advanced in other respects for his age, except that his perceptions are all extremely keen. I wish I could hear from some of BABYHOOD's numer-

ous friends if we are mistaken in thinking this remarkable in so young a child.—M. P.

A Curious Habit. What we have principally to contend against in children are little tricks, which, scarcely perceptible at first, gradually grow until a habit is formed which will prove not only a great annoyance but an evil that cannot be cured. A case presents itself in my experience in a shy and nervous girl who, upon entering a room, always stood at the door, and, pressing the end of her little finger to the woodwork, would twist and turn it with a screwing motion for some seconds. This little peculiarity was allowed to pass unnoticed, until now, a grown woman, with little ones of her own, she cannot enter a room nor face a stranger without the preliminary of what must appear to on-lookers an idiotic action. What mortifications patient care and watchfulness would have saved this unfortunate person are incalculable.—S. K. C.

Dangerously Overwrought Feelings. I greatly desire that you give space in your magazine to the enclosed, in the hope that the attention of other mothers may be drawn to a fact which, I fear, is often ignored. That children have feelings will, of course, not

be gainsaid, but to what extent the little ones suffer when punishment is inflicted upon them or some one dear to them I am inclined to think very few understand. A case in point occurred in my own household. My little daughter, age seven years, had been troubled with a fester upon her finger, which was very painful in its necessary dressing and attention. Her little brother of three and a half years has always shown great sympathy for her; he would entreat me not to hurt Lulu. This was all considered as nothing more than childish sympathy, as after each occurrence he would resume his play; but it would appear that I unwittingly taxed his feelings past endurance. At the last dressing of the finger he begged me, as usual, not to "hurt Lulu," standing by the basin in which I was washing the hand, when suddenly he fell fainting to the floor, and it was two or three minutes before he could be revived. In future he will, of course, be taken out of the room whenever I again am called upon to play the nurse; but think how much he must have suffered. I am convinced that it was mental anguish that caused him to faint, for both previous to and after the faint he played around the room with the other children, and, while he had been suffering from a slight cold, he was in no other way unwell. We have never had to call the doctor to him since his birth, neither has he been similarly affected before.—*J. N. O.*

**Conquering
an Obstinate
Baby.**

She was an obstinate little thing, as headstrong and self-willed as it is possible for a baby to be, addicted to hard crying-spells on the slightest

provocation, and as each one of these was a serious injury to her (owing to a certain weakness with which she was born) our young lady had been allowed to follow the dictates of her own sweet will to a tolerably large extent for twenty-one months. By this time she had outgrown her weakness, so I concluded to take her in hand, though I did not promise myself an easy task when I began with the worst habit she had—that of sitting up till eight or nine o'clock at night instead of going to bed at six, as her sister used to do.

She was always carried up-stairs by her nurse early in the evening, bathed and fed at the regular hour, and was generally good, laughing, jabbering, and singing, until nurse undertook to make her go to sleep; then pandemonium reigned. She wanted a drink, she wanted her chair, she wanted this and she must have that, until at last, after a hard struggle and some crying, she was asleep.

It grew worse and worse, so one night, when I had listened and watched until every nerve was on edge, I told the girl to lay her in the crib and leave her to me, which she did reluctantly, for her fondness outweighed her firmness, though she acknowledged that the child was beyond her control. I have never been able to hold or nurse my baby, so I knew it would be folly to attempt to follow nurse's plan of rocking, though I longed to take her in my arms when the tiny heels flew up and down and she began to scream with all her might; but all I did was to sit down beside her and wait until she hushed a little. Then I told her very quietly

(for I did not allow myself to get impatient or out of temper) that when she stopped crying she might have sister's doll to put to sleep. In two seconds she was good, but there was another battle and another cry, for she wanted to play with the doll. Three times I held her in the crib by main force, and two hours had passed before she finally went to sleep.

The next evening nurse went out, so Baby and I had it all to ourselves. She fought like a little tiger at first, but presently seemed to comprehend

that I really meant to do exactly as I said; so, when I helped her in the crib, she lay down and asked for "ba-be." I gave it to her, and she was so good I began to congratulate myself on my easy victory; but I "reckoned without my host," for finding the doll not to be played with, and that nurse did not come to take her up and rock her, she set up a crying-spell, but it was not so long nor so violent as that of the previous night. In the midst of it I left the room, but sat in the hall outside where I could see without

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being seen, and every few minutes I spoke to her in a gentle, soothing tone. She did not make any attempt to get up, and in a short time hugged the doll to her breast and went to sleep.

On the third evening nurse bathed, fed, and undressed her as usual, put her in the crib, and left her. I gave her the doll, took myself and the lamp into the hall, and in less than a half-

hour Miss Baby was sound asleep without a word or whimper. Since then I have had no trouble. Baby is as good as gold, in that particular at least, and I only relate the circumstance to show what patience and firmness will do with the most obstinate child, and how easily a bad habit can be conquered where these are exercised.—*L. I.*

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

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VOL. XVIII.

MARCH, 1902.

No. 208.

THE RIGHT AND THE WRONG USE OF DRUGS.

Many of the minor ailments and slight disorders of children are universally treated at home, and properly so. Few realize how much may be accomplished in these slight complaints by proper management without actual medicinal treatment. Certain drugs, however, have found their way into the nursery, and are in general use in the home treatment of children. Some of these are safe, and with ordinary care may be used without danger. Others are eminently unsafe in unskilled hands. It is the purpose of this article to describe briefly the action of these remedies and show wherein they may be unsuitable for general use. Some of the most certain and reliable in the physician's hands may, from their very potency, become the most unsafe without his directions. Home treatment should in ordinary cases be limited to what may be termed management as opposed to the administration of drugs.

Opium.

Opium is not, as a rule, well borne by children. As prescribed by the physician, it is one of the most reliable weapons against disease. As indiscriminately used by mothers and

nurses, it has probably done more harm than any other drug. It is exceedingly complex and its actions various. It stimulates the heart and increases secretion from skin and kidneys. It decreases the secretion of stomach, bowels, and liver; deadens the nerves of sensation, thus relieving pain; produces sleep; and by paralyzing the muscular coat of intestines and bronchial tubes checks their movements. It quickly disturbs digestion and destroys the appetite. Its after-effects are seen in headaches, fretfulness, impaired appetite, and deranged digestion, with all their attending ills. When given to obtain one result, as the production of sleep, it may at the same time produce others. Hence its possibilities for injury are readily seen. A few doses of paregoric to allay the cough of bronchitis in a young child may, if the conditions are right, by checking the raising of phlegm, produce capillary bronchitis, one of the most fatal of diseases. By retaining decomposing matter in the bowels it may change a simple to an inflammatory diarrhoea, while in disease of the brain it may easily produce a fatal result. It is an ingredient of nearly all

the patent and made-up cough mixtures of the drug stores. Soothing syrups depend almost exclusively upon it for their action, no matter what the labels may say, and are dangerous in direct proportion to their power to produce sleep. For the little pains and every-day ailments opium and the mixtures that contain it should never be used.

Stimulants.

The most effective and reliable stimulant for children is good brandy. It is certain in action and usually well retained. The dose varies widely in different cases, and is frequently too large. As a general rule, subject to frequent modification, two or three drops may be given at one month, with a drop additional for each month up to one year. It is to be diluted with enough water to take away the sting—remembering always that Baby's throat is less used to irritation than an adult's. Both upon moral and physiological grounds the frequent use of alcohol with children cannot be too strongly condemned. It is not impossible that such use may lay the foundation for an appetite in later years. It should be used only when stimulation is demanded, and never for colic or the minor disorders of daily occurrence.

Aromatic spirits of ammonia is the best substitute for purely alcoholic stimulants. It should be given in cold water, in doses of five to ten drops at one year.

Emetics.

Ipecac is one of the most common of domestic remedies. Though its emetic action is decided, it produces

but slight nausea, and usually not marked depression. Its use is followed by perspiration and free secretion from the bronchial tubes. It is therefore of value in the dry stage of bronchitis. As an emetic, unless haste is demanded, it is best to give it in small doses frequently repeated. The syrup is the best preparation, and should be given in twenty-drop doses with plenty of warm water every fifteen minutes. It is a frequent ingredient of cough mixtures, but should be used only when the cough is hard and tight. The custom of giving it in full doses several times daily is wrong. It is thus required only in extreme cases of suffocative bronchitis, and should be prescribed by the doctor. Powdered alum, a teaspoonful or less in syrup, is an excellent emetic and comparatively safe. It may be given alone or to aid the action of syrup of ipecac.

Syrup of squill is a common remedy in bronchitis, but is more irritating than syrup of ipecac. The compound syrup of squill, moreover, is sometimes given instead. It contains tartar emetic and is not safe for common use. The writer recently saw a strong boy of eight months in a state of alarming prostration caused by a half-teaspoonful of this syrup prescribed by a druggist.

Cathartics.

Castor-oil and syrup of rhubarb are found in every nursery. It should not be forgotten that while they are quick and easy cathartics, their secondary action is to constipate. This renders them of the utmost value for certain purposes, but very unsuitable for con-

tinuous use. Laxative medicines of all kinds should be avoided as far as possible, and have no place in the treatment of habitual constipation. Rochelle salts, given in water as warm as can be taken, act without the subsequent constipation. They are quick in action, and suitable for most cases, and, when given as directed, are usually well taken. Any of these cathartics may be aided by an enema thirty minutes later. The writer is partial to a mixture of equal parts of castor-oil and syrup of rhubarb. It is retained by the stomach better than oil alone.

Tonics.

Iron is a remedy of especial value for children, being more effective, as a rule, than with adults. The syrup of the iodide is the most suitable preparation, and may be given in doses of five drops at one year, always with plenty of water.

Cod-liver oil is the tonic *par excellence* for young children. It is as much a food as a medicine, and may be given with more safety than any

other tonic. It is surprisingly well taken, the little patient not infrequently seeming to regard it as a luxury. If the pure oil can be given, it is as good or better than an emulsion. In some cases it produces nausea and disgust, and should not be forced upon the child. In the bronchitis of infants nothing is so effective as an oil. Bronchial catarrh and cough that have resisted everything else will sometimes disappear under the use of this oil. It should be given three or four times a day, beginning with a half-teaspoonful of the pure oil, or a teaspoonful of the emulsion, increasing the amount if it is well borne.

Quinine in small doses is a most excellent tonic, but its frequent use without advice is not to be commended.

Chlorate of potash is largely used for sore throat and is very effective. It is not a safe drug, however, for indiscriminate use. It acts strongly on the kidneys, and over-doses or too prolonged use may cause them serious injury.

CARE OF THE EYES IN INFANCY AND CHILDHOOD.

Next after the precautions which are essential to the maintenance of life, the cleansing of the eyes of the newborn should receive early and careful attention.

Immediately after birth the eyes should be completely cleansed with tepid water—not soapsuds—small pieces of soft linen or absorbent cotton being set apart for the purpose, and then dried before any other part of the body is touched. A sponge should never be used to cleanse the eyes, and

no piece of linen or absorbent cotton should be used the second time. The water should be contained in a convenient basin in which no part of the child has been immersed. The practice of placing the infant in the bath and then washing the eyes with the water in which the body is immersed cannot be too strongly condemned; there is always a possibility of injury from soap or other irritant.

Impure air may injuriously affect the eyes of infants. Avoid exposing

the baby to cold, either by draught upon the face or subjecting the body to sudden change. A chill of the whole body may be produced by putting on a damp or cold napkin.

The Proper Degree of Protection in the First Weeks.

In the first weeks of life infants are unable to shelter themselves from dazzling light by changing the position of the head. The eyebrows and eyelashes are short, thin, and pale, and the eyelids almost transparent. Too often we find that an infant is placed close to a window in the full light of day, and even with the sun shining directly upon its face. This should never be, although there is no reason for falling into the opposite errors of covering the face so as to impede the access of fresh air, or of keeping the room so dark as to make the eyes preternaturally sensitive.

Ophthalmia and its Treatment.

The greatest danger to which the eyes of infants are exposed is the inflammatory disease called purulent ophthalmia, which may occur notwithstanding the greatest care. The disease usually appears between the second and fifth days, or may be longer delayed. When it appears it is easily and at once recognized by the redness, swelling, and heat of the eyelids, and the discharge of the yellowish-white matter from the eyelids. At first the discharge is thin and scanty, and glues the eyelids together as it dries; but it quickly becomes more abundant, creamy, and of a yellowish, pinkish, or greenish color. Immediately on the appearance of these signs seek the advice of a physician. This disease is one of the

most frequent causes of blindness in infants, and neglect or unskilful management may lead to partial or complete destruction of sight. Yet this is a disease which can be frequently prevented by cleanliness, and entirely cured if taken in time.

Until medical advice can be obtained the infant should be kept in a comfortably warmed and moderately darkened room. The eyes should be carefully cleansed and bathed as often as there is any considerable quantity of fresh discharge formed. It is the discharge which does the mischief. The cleansing of the eyes is best done in this way: separate the eyelids with the finger and thumb, and wash out the discharge by allowing a slender stream of lukewarm water to run between them from a piece of linen or absorbent cotton held two or three inches above the eye. Sponges are dangerous. Move the eyelids up and down and from side to side in a gentle rubbing way, to bring out the discharge from below them; then wash it off in the same manner. Be careful about the ears; see that no water trickles into them.

A cloth can be held against the cheek by an assistant to catch the water. This cleansing will take several minutes. In order to avoid any sudden movements of the head it should be steadied by another person. When all discharge has been washed away, the lids must be dried by gentle pressure with a piece of absorbent cotton, or some other absorbent material, and the latter immediately disposed of. A little cold cream or vaseline rubbed along the edge of the eyelids will pre-

vent them from sticking. Also keep the cheeks well anointed, as they are excoriated by frequent washings. See that the hair is kept dry, and the pillow also.

Poultices, tea leaves, and sugar of lead lotions should not be used; they are conducive to mischief, stopping the way to the right and proper course to be taken.

Precautions.

Those who have charge of a child with this disease must remember that the discharge from the lids is extremely contagious. It should be regarded as rank poison; the smallest particle of it introduced into a healthy eye by the finger, handkerchief, or towel would excite violent and dangerous inflammation. It is deadly poison to any other person's eye. Care must be taken in separating the eyelids that no discharge flies into your own eyes. The hands should be kept clean and not be put near the face while in contact with the diseased eye.

The Proper Use of the Eyes.

When the period of infancy is past, and when children begin to employ their eyes intelligently about surrounding objects, then the character of the visual function should be observed. The proper use of the eyes is a matter of education. Although this education is an unconscious one, it is nevertheless one which may be promoted by thoughtful aid. In showing pictures, children should not be allowed to pass hurriedly from one to another, but should be induced to fix their attention for a while on the prominent points of each, so as to form the habit of careful observation. For

example, in showing the picture of a dog it is well to direct the attention by questions or remarks to all parts of the drawing—to the head, tail, feet, ears, eyes, size, color, shape, and other particulars.

Parents are too much accustomed to think of and treat children as if they were all born with eyes of equal formation and endurance. It is well known that there is a great difference among adults as to distinctness and acuteness of vision. One person may read the finest print held near to the eyes, but will scarcely recognize friends two or three yards off; another, who can see the hands of a clock a half-mile off, may require glasses to read. These conditions are due to the shape of the eyeball.

Defects Often Overlooked.

Defects of vision are usually not noticed until school training begins. Great injustice is often done children by accusing them of obstinacy or inattention when they are the subjects of physical defects of sight or hearing. Those with a high degree of long-sight are particularly liable to be misunderstood; although they can see distant objects better than near ones, they sometimes hold the book close to the eyes to make the print appear larger. Four-fifths of the cases of internal squint are the result of long-sight, which is increased by the use of the eyes, but may generally be prevented and sometimes cured by proper and timely correction of the optical defect. In most cases children see badly with the squinting eye. The eyes of children with long-sight are usually "weak," and become watery and blood-

shot after prolonged use. The edges of the lids are often thickened and red. The constant strain is a frequent cause of headache and other nervous symptoms.

Astigmatism.

Children with the defect known as astigmatism, that is, a want of uniformity in the curvature of the front part of the eye, often appear stupid and inattentive, because there is in this condition what is sometimes called "slow sight"—that is, they do not recognize a word quickly on first sight, but it seems to come to them afterward. The cause of this is, that the perpendicular and horizontal lines of the letters have a different focus, and mental effort is required to combine them.

Dangers from Bad Light and Poor Print.

During the period of growth the eye is more liable to change of form. Where there is a slight degree of short-sight or a hereditary tendency to this defect, children should never be allowed to write or read by insufficient light; bad light and poor print may not only increase this trouble, but produce it in an eye originally perfect. The Austrian Minister of Public Instruction has recently issued a decree forbidding the use of books printed with small type in public schools, as short-sightedness is so prevalent among the school children of Austria. With print or writing the paper need never be nearer than ten or twelve inches from a normal eye.

The Importance of a Proper Position in Reading.

One of the causes which most frequently necessitate holding the book close to the eye is a defect in the

amount or direction of light. The light should fall upon the book from above and from the side. Much discomfort may be caused by shadows thrown upon the book or paper by the shoulders, head, or hand. The most injurious direction for the light to come from is that directly in front. There are unfortunately many schools so badly constructed that twilight commences in them quite early in the afternoon, even when poor light is not the rule all day. It is very important, whether at home or at school, to see that children in reading, and more especially in writing, maintain a position in which the head is not allowed to fall too far forward. The desk and its relation to the seat are not without their effect upon the welfare of the eyes. If a child is uncomfortably seated he is sure to lean forward on the desk, thus bringing the eyes too close to the work, and overfilling the blood vessels by gravitation and impeding the return of the blood from the head and eyes, as may be seen by the flushing of the face which occurs when the head is kept for some time in such an attitude.

The Defects of School Rooms

Various forms of inflammation of the eyes are caused, or at least promoted, by exposure to wet or vicissitudes of weather. In all schools there should be arrangements to allow of the removal or drying of wet or damp clothing, and especially of wet or damp shoes, before children are settled to their tasks. The atmosphere of school rooms is a matter of importance which is very generally neglected. The greater proportion of private schools

are held in houses not intended for the purpose, and parents who give every care to the surroundings of their children at home are often indifferent to the fact that they spend many hours

of the day in a close and over-heated room. This now and then brings a case of weak sight from debility and nervous exhaustion to the office of the ophthalmic surgeon.



DANGERS TO BE AVOIDED.

A baby or young child may hold its breath while there is food in the mouth, simply because it cannot obtain more food or cannot have its own way. As soon as the spasm of the muscles of the throat relaxes, an inspiration occurs, air is forcibly drawn into the lungs, and if particles of food have not already been removed from the mouth and throat by one's finger they are likely to block up the larynx and cause suffocation. In other words, they are "foreign bodies." Children just passing out of babyhood who are allowed to feed themselves at table and to eat whatever they want, run great risks of suffocation by large mouthfuls of food. No careful parent who has repeatedly observed a baby's manner of cramming the mouth full and of gulping food, if left to himself, doubts that suffocation may thereby be caused. To reduce the danger to the minimum, therefore, additional food should not be given until the baby's mouth is quite empty, and the mother should not entrust the feeding to other hands than

her own, unless, indeed, she intelligently supervises it.

Occasionally the records of coroners or health offices tell us of accidental deaths of babies smothered by the bodies of parents or other persons in the same bed with them. It is safe to presume that, in addition to deaths, there are instances of partial suffocation from the same cause. Certain it is that the custom of having a baby sleeping with another person or with more than one is not safe.

In one of our Western cities a few years since a young mother, having occasion to go down stairs, left her baby propped up in bed by means of pillows. On her return the little fellow was dead, smothered by the pillows, which had fallen upon him as he endeavored to move about. Instances have occurred of little children, not carefully watched, being strangled in their play by pieces of rope and twine, by tippets, etc., which serve as leading-strings when they play horse. Such strings have also served the purpose

of the hangman's rope when, unfortunately, children have striven to imitate the executioner and the executed, as they have sometimes learned to do after listening to the details of murders and of the final scenes in the lives of the murderers, read to them by their elders or talked of in their presence.

Little children are great imitators. With no adequate conception of the risks involved, they are ready to attempt almost any dangerous exploit, from sliding down a banister to teasing a vicious horse.

Children are in general easily pleased by digging in the sand, and if perchance caves can be dug in a sandy hillside their pleasure is complete. But if the roofs and sides of such caves are very dry and sandy they are in danger of collapse, and may bury the careless little fellows within, who are merrily digging away in their efforts to scoop out dens and various kinds of hiding places.

Many of the sports of little children, if uncontrolled, are extremely rough, and some are dangerous. This is especially true among the boys of the lower classes; though rough sports are not entirely confined to such boys, for the most casual observer must have noticed that brown-stone houses furnish their quota of reckless, untrained boys and girls. Running with marbles in the mouth, under the impression that such exercise increases the running

power; making the mouth a reservoir for marbles while a game is going on, or for bullets when playing with toy guns; throwing nooses about the neck in an imitation of the true Buffalo Bill style of lassoing, are all attended with danger. Some time since a little fellow was rescued from the risk of being suffocated by a rope held in the hands of a crowd of boys who, with wild tumult, were engaged in playing fire engine. The child, not being able to keep up the gait at which the boys were running, fell, and as he did so a loop of rope passed over his neck. In crowded assemblies, as in schools, museums, theatres, etc., in case an alarm of fire is sounded, or if a panic arises from any other cause, it is the little children who are most likely to be in danger of suffocation from overcrowding. The "fire drills" in our public schools have done much to avert calamity in times of emergency, but there would be little chance of escape from some of our places of amusement in case fire broke out. And it is astonishing how many little children, even babies in arms, are to be seen in these, for the most part, overcrowded and badly-ventilated places. The Societies for the Prevention of Cruelty to Children have waged war against this condition of things and have accomplished much, but still little children frequently find their way into these places unattended by grown people.



THE SHOE QUESTION.

In your January number you discuss the theoretical question of children's shoes. May I add somewhat of practical knowledge to your theoretical discussion? I write as one who has suffered many things of many shoemakers.

It is now practically impossible for American parents to buy for their young children proper ready-made shoes. The large factories will not make them because there is no general demand; and the bench shoemaker cannot make such shoes to order at reasonable prices, because he is dependent on factory-made lasts. This state of affairs is largely due to the vanity and foolishness of mothers who want Baby's feet to be "pretty." Narrow "toothpick" shoes of colored leathers or patent leather sell readily in all country towns, and the distortion of the foot begins as early as eighteen months. Broad-toed shoes "look ugly," are "not pretty and stylish," and will not sell. The average bench shoemaker cannot understand, at first, your idea as to a normal shoe, and when he does take it in he cannot trust the last factory to make the last without a cast of the foot as a guide. The whole thought and desire of the shoe-buying mother, largely from ignorance, is so contrary to the normal shoe that it is almost impossible to alter the routine of shoemaking to secure what you want. Inasmuch as a plaster cast, special last, etc., would make shoes cost \$6 or \$8 a pair, such a method is out of the question for most parents.

Now, beyond these facts, which are mournful rather than wicked, comes the real wickedness that some shoe dealers trade on the hygienic idea to sell ordinary shoes. I have seen advertisements of "surgical lasts," etc., and on asking for diagrams of the soles have learned that the dealer had only the regular factory-made shoes. The normal foot is straight from heel to great toe on the inside, and straight from heel to small toe on the outside, and these two straight lines separate uniformly from the instep to the end of the toes. The sole is wedge-shaped, the toes forming the broad end of the wedge. With this in mind, look at any of the advertising cuts of "surgical last" shoes and you will observe that in every case the foot is drawn to fit a *straight* sole, or one that tapers less than usual, *i.e.*, the foot is made to fit the shoe.

For very young children the only satisfactory shoe I know of is a good calf-skin moccasin made with a "puffed" toe. I get these in Boston. A week's wear serves to outline clearly on the bottom of the moccasin the exact shape of the sole of the foot; and I then have sewed on the moccasin a piece of sole leather of this shape. This makes an ideal shoe, warm, flexible, and conforming exactly to the foot. But, owing to the limited inquiry, such moccasins are not made in half sizes, and Baby must therefore often wear too large shoes and heavier than need be.

For children's sizes, 6 or 7 up to 13's and 1's, the average shoe is an

abomination. Most dealers try to force on the buyer a shoe one or two sizes too large. As the foot is widest across the toes—and shoes are made widest across the instep—a too large size will bring the toes back near the shoe instep and secure the lateral room. Apart from the weight and clumsiness of such shoes, there is the risk that the ball of the foot will bear on the curved seam that should lie under the instep, and such a pressure is liable to set up an inflammation in the joint, analogous to “stirrup toe” among cavalymen—a most painful affliction that requires surgical treatment and often becomes a chronic inflammatory condition. The majority of American children between five and fourteen are either having their feet tortured into “shape” with shoes of proper length or are clumping clumsily around in shoes much too long for their feet.

In recent years the larger stores in the larger Eastern cities have sold a shoe which, while not properly shaped, is a very great improvement on past shapes. The inner edge is less curved than formerly, and the outer edge, while still curved too much and narrowing at the toes, is yet so very roomy at the instep that by the time the curve reaches the toes the shoe is nearly wide enough. With this shoe the child can have no superfluous length of sole and yet get nearly enough toe room. There is, of course, much superfluous leather and weight about the instep of the foot, but this is a better place for it than in front of the toes, and, best of all, the great toe is not much pushed in and the ball bears on the flat leather of the sole away from the seam.

These shoes cannot be found in the country towns, nor, in my experience, in the cities of the West, but they can be satisfactorily bought by mail in New York, Philadelphia, and Boston. Inasmuch, however, as they are a fashion and not a rational creation, they may cease to be any day, when the fond and foolish parent finds that the fashion has gone back to light, narrow shoes.

From men’s 4’s on up, shoes are more rationally made, and as by that time the child’s foot has been permanently deformed, one can, with the aid of iodine, corn plasters, and a razor, manage to be fairly comfortable in the feet.

I am told there is a shoemaker in New York whose entire business is the making of rational shoes. Report says he is getting rich. It certainly seems probable that among all the millions of parents in America there are enough who desire sensible shoes for their children to justify one good factory in putting in really surgical lasts and making such shoes for children from birth to fifteen years of age. Why could not BABYHOOD bring such a shoemaker and such parents together? Thousands of parents eagerly accept your advice as to diet and clothing—would they not do the same as to shoes? Could you not arrange with some reliable factory to provide such lasts and furnish such shoes and then recommend it to your readers? It would be a real benefaction. It may safely be said that, apart from the “blessed barefoot boy,” not five per cent. of the children in this country between two and fourteen years have comfortable feet or

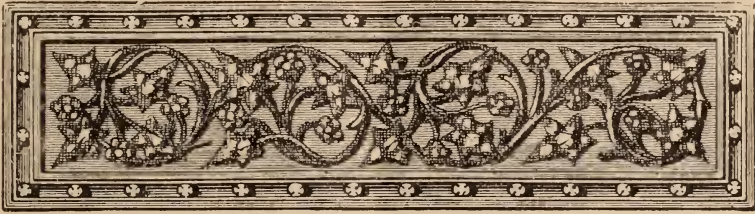
satisfactory shoes upon them. I wish BABYHOOD would consider this matter seriously.

ALFRED GUILLOU.

Hueneme, Cal.

[While we agree with our correspondent in the main, we think his statements as to the difficulty of obtaining proper shoes are somewhat too sweeping. There are in New York, Philadelphia, and elsewhere several

shoemakers who manufacture shoes more or less good in their approximation to proper standards, and, in general, some progress has been made toward a recognition of the need of care in selecting shoes for children. You do not easily get an ideal shoe for children, but a great improvement over the old pointed ones is to be noticed.—*Editor of Babyhood.*]



THE WILL AND THE WAY.

There is system and government in every hive of bees and in every republic of ants. Moles, beavers, and other small colonizing animals carry on their clever operations with marvellously wise order and judgment. The semi-annual flight of the wild fowl is guided by a sagacious leader; and soaring with the quill a little higher, we observe that the starry constellations revolve in the perfection of harmony round a central, and in that sense superior, planet. Coming down from this flight into star-land and adjusting our lens toward the enlightened members of the human family, we find among them plenty of little family republics and domestic colonies destitute of any clear principles of government or management of the young members for whom they were established.

Physical care and restraint are needful to perfect the material life of the

body, but how many children grow up with this sort of care only, arriving at maturity in a hap-hazard way, defiant of parents, and a law to themselves?

The mouth of a little child happens to be endowed with other faculties than cutting teeth or chewing with them; its hands and feet are curiously alive to motions unsuspected by nurse or parent. There is apparently a "magician" inside the little body, who controls and suggests the operation of these faculties, and he has to be recognized as a vital personality. Where there is a mind there is a *will*, and for the good of all little people it is important that this "will" should be acknowledged with respect and be taught how to exercise its growing strength. This responsibility sometimes never enters the mind of a parent who provides for every bodily need or delight, but never dreams of leading a child, by his own individual will, to do

things which are right. Mothers and nurses should begin early to consider this. The little darling at our knee, old enough to understand speech, is also old enough to exercise its will, and what a gentle bit of moulding it requires! But some acid specimens of motherhood are swift to discover this attribute in their children, and by harsh measures endeavor to "break" it like a fungus from the garden shrub. I heard recently of a young mother who whipped her two-year-old baby because "he wouldn't go to sleep" after being put to bed at night. When gently remonstrated with by her hostess—an elder relative—she said: "Well, we haven't any patience—my husband hasn't, and I haven't." Force was her idea of "government." Who would not ejaculate "Poor baby"?

The four-year-old "mischief" of a farmer's family was one day discovered with a stone, making havoc with the long row of sash in his father's hot-beds. The mother, coming from a distance, saw the father approaching from the opposite direction and with rather rapid strides. "Don't you lay hands on my boy, Edward! Don't you put your hands on him! I won't have him touched!" she cried in a sharp treble. It was a hard matter to see all that ruin and not "touch" the offender, nevertheless the father turned without a word—ruin was better than controversy to him; while the mother, tossing the stone aside, took her child away, with the conclusive words, "He doesn't know any better." Such was *her* idea of government, and it was always the same, whether the plants were pulled up by their roots in

the garden, half-a-dozen young chickens squeezed to death in the poultry yard, or a milk pan pulled down from the pantry shelf over the clean floor. "He doesn't know any better," was the mother's cure for all these ills. Who inculcated truth into the mind of George Washington and trained his tongue to speak truth?

An upright mother I once knew, whose son of ten years had been guilty of saying something vile, took him away alone and with much ceremony and disgust washed the interior of his mouth with an abundance of soap and water, meanwhile expressing her shame and sorrow for what he had done; nor would she allow a kiss from his lips upon her own until this elaborate work was finished and her boy's shame was awakened also. This symbolic rite was a specimen of her training, and by it a lesson in purity was given which reached on into the years of manhood.

But sometimes our youngest ones puzzle the mothers more than the elder children; we cannot be sure always what are the workings of the little heart, whether it is a naughty spirit guiding the will, or the desire of assertion which is an inherent quality in every human soul; discrimination must be made, as is shown by the following case in point. Baby was in the sewing-room one winter afternoon, busy at play, when auntie was suddenly startled by hearing her say, "I won't, either!"

"What is that you're saying, Baby? I never before heard those words used by auntie's pet!" Baby looked up with an unwonted, defiant expression

on her usually gentle features. "I won't, either!" she spoke out fearlessly. "But you mustn't say that, darling; those are not nice words for Baby to say; say, 'I'd rather not,' or, 'Please excuse me.' It isn't polite to say what you were saying." But Baby, after a moment's waiting, rolling as it were the forbidden phrase under her small tongue and finding it unusually palatable, deliberately looked up and said the words again.

What was to be done? "Auntie" was puzzled, but she only looked at Baby again, saying, "No, no; Baby mustn't say that!" Several minutes passed in silence, then Baby suddenly left her play and ran into the hall out of sight, where she logically thought herself in a freer atmosphere, and then she began repeating those naughty words, "I won't, either," till she had said them, with a deliberate pause between, as many as ten, perhaps twelve, times; then, there having been no remonstrance on the grieved auntie's part, and thus far no punishment as a result of this small person's vigorous self-will, the pleasure began to pall on her tongue, the sounds died away, something else in the way of amusement entered her head, and she returned to her play. By and by, however, she suddenly stopped, looked up, and said, "Auntie, why don't you speak to me?"

Auntie kept her eyes on her work, only saying quietly, "Auntie hasn't anything to say to naughty little girls." Baby was very still for some time, till, catching at last auntie's casual glance,

she said quite shyly, but with a smile now, as of one giving in at last, "Auntie, I'd rather not!"

Oh, what a merry laugh and bit of love-making followed! From that day Baby never was known to say "I won't, either," and this result proved the wisdom of auntie's course. Punishment would have fixed the error in Baby's memory, but by not pressing the point it was soon forgotten.

But some reader may ask, "What are meant by principles of government in the family? I have four children in mine, three of them boys; if I can keep the peace between them I am satisfied, without analyzing principles." Very good, so far. To obtain "peace" demands government, and don't you act on principle, though many do not? You teach your children unselfishness, else all would demand the same toy; obedience, because you insist on "not so much shouting." You limit their desires, else they would ask your tooth-brush, your diamonds, their father's best hat, the camphor bottle, or the cook's stove-blackening for familiar playthings. But some other childish requests, less unreasonable, do more hurt to the future *bent* of the young athlete of the nursery. The asking for the first place by right, the best of any treat by favor, exercising tyranny over domestics—for these demonstrations of the existence of the nursery magician watchfulness and constant, loving influence are required; for "the child is father to the man."

F. W.



THE TIRED MOTHER.

There is at least one of the readers of your magazine who, if she does not sympathize with, at least understands, the German woman's exclamation of "Leedle cheeldren! leedle cheeldren! O mein Gott! I am so seeck of leedle cheeldren I don't know *what* to do." It has often occurred to me that many of the writers for *BABYHOOD* must be mothers of *one* baby, or mothers with a nurse for each child, or mothers whose babies are all grown up. These mothers, with time to get up new kinds of fancy baby-baskets, to pad cribs, to make elaborate afghans and pillow-slips, and who have leisure to worry about the shape of Baby's finger nails, the color of his hair, and the prominence of his ears, are, I confess, a greater mystery to me than the poor, tired German woman. Of course these things are well enough for those who do have time, but I should enjoy hearing from those who are in the thick of the battle, who have to fight with small strength, inefficient help, and arms full of "leedle cheeldren."

In America, particularly among the wives of professional men, there is many a woman whose *position* demands that she be a "lady," always ready to receive calls, to accept an invitation, to have a friend drop in to dinner, and to throw her house open

for societies and sociables, but whose *income*, with equal persistency, demands that, aided by one stupid servant, she be housekeeper, cook, seamstress, and nursemaid. She begins with a great deal of energy and ambition. She will be a thorough housekeeper, she will do her part in church and society, she will keep up her music and French, she will read the current literature and enough in her husband's line of study to be always companionable to him. She will not, like so many, drop out of everything merely because she is married. It is difficult enough with two in the family, but she manages; the first baby comes, and for three or four weeks life is just complete. She does little but care for the blessed infant.

At length the time comes for nurse to leave, and mamma again finds her way into kitchen and pantry. Now trouble begins. She is weak, and it is too exasperating to find dust and cobwebs in the cupboards, the bread can mouldy, all the jelly eaten, handles off the teacups, tinware rusty, and her best towels cut up for dish cloths. She is not yet hardened to such things, and sharply upbraids Bridget, telling her all this must be changed. To her surprise, Bridget at once agrees with her, saying she doesn't like to live where

there is a baby—there is too much washing and ironing—and she will leave Saturday night. Now the mother works all day, and Baby cries half the night, so that she finds herself more weary in the morning than when she went to bed.

Finally her new girl is “broken in”; Baby sits alone; she goes to church, opens the piano, intends to invite some company, and papa says it seems like old times once more. The next piece of news is, Baby is soon to have a successor. She is sensible and accepts the situation. She looks up a nurse-girl, and though she must economize in every way to afford this additional expense, she does it cheerfully for the sake of knowing Baby is well cared for while she is laid aside. She soon discovers that last is a mistaken idea. She must “stand right over” the girl, or Baby is only half-bathed and half-dried, he is fed sour milk, left in draughts, has the scissors to play with, and is covered with bumps and bruises. What wonder that her only thought for the newcomer is, “It takes all there is of me to care for one baby; what *shall* I do with two?”

When little sister comes she takes her brother’s cast-off clothes, and as few of them as possible, for fear Jane will follow in the footsteps of the departed Bridget if the washing increases. So much attention must go to No. 1 and his nurse that No. 2 and her nurse are left pretty much to their own devices. The mother’s recovery is slow, and when the nurses are gone she is a tired, discouraged woman who, with two babies in her arms, must face the endless round of duties. She

doesn’t die. Like Telemachus, the gods preserve her for worse things. The babies keep coming and the work piles higher and higher. She never has an undisturbed night’s rest, she never takes a meal in peace. She does her hair in the quickest kind of a knot, and almost lives in a wrapper, while her wardrobe gets out of order and out of style. However, that matters little, for her calls are unreturned. She rarely goes to church and never to an evening entertainment. Mending has usurped the place of fancy work, and her accomplishments are among the lost arts. Her few letters are hasty scrawls; and as for reading—why, she can’t read even the Bible and the newspaper! Papa is unable to study with the children about, and, as they must be with her, she is obliged to give up her husband’s society. Sometimes she has poor help, sometimes she has none. When it isn’t mumps it’s measles; when it is not poison ivy it is green apples; and teeth—it’s always teething! There are accidents and quarrels, crying and scolding, noise and confusion, from morning till night, from one year’s end to the other, and no rest.

What wonder that she feels “walled in” by children and that she longs for a glimpse of something outside? And the worst of it is, after sacrificing herself completely for the sake of her children, there are so many one must be pushed aside for the other, and none have proper care and attention. This contrast between what she is able to do and what she feels ought to be done is, to a conscientious mother, most disheartening; and for an intel-

ligent woman to feel that she is degenerating into a mere drudge is most irritating. To cap the climax, people remark on how faded and old she has grown, how unamiable and uninteresting she is compared to what she used to be!

This is no fancy sketch, but it is too

doleful a picture to draw, however true to real life, were it not to show that there may be some excuse for women who are "tired of children," and in hopes that the wisdom of BABYHOOD can find some relief for these ills, as it has for so many others.

K. L.



NURSERY PROBLEMS.

The Effect of Concussion Upon the Ear.

To the Editor of BABYHOOD:

Do you believe that a *slight* blow of the hand upon the ear of a child of five can lead to ear trouble?

Woonsocket, R. I.

G.

Even a small concussion may result in damage to or disease of the ear, with the chance of subsequent deafness. Cases in the experience of practitioners show that such results are not so very rare. It is worthy of the consideration of those who, for punishment or sport, box children's ears. If a parent believes in the necessity of corporal punishment, there are plenty of places upon the body where it may be applied with equal corrective effects and with little danger of remote physical damage. Boxing of the ears should not be indulged in even in play, for one cannot gauge the effect of the concussion. We know of a case of deafness resulting from an unexpected kiss upon the ear, the person giving it

coming up from behind the receiver. The force in this case must have been much less than that of a playful blow.

The Prevalence of Diphtheria in City and Country.

To the Editor of BABYHOOD:

Is it true that diphtheria is more prevalent, in proportion, in the country than in cities, and if so, what is the reason?

Wheeling, W. Va.

L. M.

It is a fact that in great cities diphtheria rarely, if ever, has been as prevalent, in proportion to the population or to the total death-rate, as it often is in towns or smaller cities. This would seem at first glance to be opposed to our conceptions of the causes of zymotic diseases. Villages have more sunlight, a freer circulation of air, and, in a general sense, purer air, than great cities. Further, if, as some have thought, diphtheria and sewer-poisoning are often effect and cause, the unsewered village ought to be freer than the city. We believe the differ-

ence is not accidental, nor due to any casual immunity of great cities from epidemic visitations, for epidemics prevail in the great cities. We think it is due to the different attitudes taken by the inhabitants of great cities and small places toward sanitation in general and Board of Health regulations in particular. The resident of a great city is accustomed to delegate a great many things to an official, and from custom recognizes the advantage of police regulations, sanitary and otherwise. The Board of Health usually has the backing of the intelligent classes, and the unintelligent and naturally filthy classes dare not resist openly the regulations; and when the health authorities of any great city really actively attack the sources of disease the effect is soon felt.

Now, in smaller places the Boards of Health are generally more hampered in their actions, and in very small places are practically helpless. Every family is often a law unto itself in its so-called sanitary arrangements, and, as every one is the neighbor or acquaintance of every one else, any enforcement of the most wholesome regulation is accepted as a personal encroachment and resented as such. The officer charged with the duties of the Board of Health in a country village, who should actively perform his duties against the wishes of the offenders, would lead a very unhappy life, and his tenure of office would not extend beyond the next election. Only severe experience teaches people to be careful themselves or to allow others to be careful for them. Concerning small-pox most people have learned the

lesson; the terror of cholera is so great that when it is near instructions are fairly well followed. Concerning other zymotic diseases, however, the lesson is so little understood that the physician, with his most urgent warning, often cannot procure the isolation of a case.

Intervals of Nursing; Addition to Breast Milk; Short Clothes; Weaning; Drooling.

To the Editor of BABYHOOD:

(1) I have a baby girl twelve weeks old, a very strong, healthy child. How soon should I lengthen the intervals of nursing her from three to four hours?

(2) When would it be desirable for me to begin giving her a little additional food besides milk, and what articles would be suitable for her?

(3) When should she be put into short clothes?

(4) When should she be weaned?

(5) Is there any remedy for the habit commonly designated "drooling"?

Chattanooga, Tenn.

E. D.

(1) By the time you receive this answer your baby will be four months old. She will probably then bear a four-hour interval, if she gets a good quantity from the breast at each nursing.

(2) Not till after next summer is past, if you mean besides *cow's* milk. If your breast milk is insufficient you may need to give something in addition.

(3) Short clothes are put on after the new baby has grown strong enough not to need the warmth of the skirts and to be pretty active with its legs. The time varies necessarily with the season. A baby born in January can be put into short clothes after settled

warm weather comes, say the end of June or beginning of July.

(4) This is a variable thing, depending upon a variety of circumstances. Your baby could probably be weaned by October or any time thereafter.

(5) The habit is not harmful; it denotes the activity of the salivary glands, and will correct itself. Let it alone.

Intestinal Catarrh; The Harm of Rocking; Cotton vs. Flannel; The Band.

To the Editor of BABYHOOD:

My little boy is two months and eleven days old. He weighed 6¾ lbs. at birth and 13 lbs. at eight weeks of age. He looks well and fat, but has had diarrhœa since he was born, with curdled milk in the passages. They are sometimes as green as grass, and sometimes almost black, and then again quite yellow. They seem to pain him and make him restless during the day. He takes only "cat-naps," and sometimes wakes, screaming out, in less than five minutes after I've put him to sleep and laid him down. Sometimes he'll lie on the bed or in a chair, and be happy and good for a short while, but soon gets to fretting and crying. After these restless, fretful spells, he generally has a passage from his bowels.

(1) Would you advise me to let him "cry it out," or take him up (as I do) and try to relieve him by placing him in an easier position?

(2) What must I give him for cramping in his bowels and curdled milk?

(3) My baby was used to rocking before I was able to care for him. Must I try to break him of being rocked to sleep now or wait till he is well? What harm does rocking do?

(4) Would it do as well to put cotton shirts under Baby's flannel ones to prevent their scratching him?

(5) I took my baby's bands (they were made of old domestic) off him when he was three weeks old. Was that wrong?

Bayonne, N. J.

M. T.

(1) It is evident that the child is not well and is suffering from a continued indigestion and probably from intestinal catarrh. His restlessness is probably due to his trouble, and you cannot very well let him "cry it out" under the circumstances.

(2) You ought not to try to treat your baby yourself. You live in a considerable town, and good advice can probably be had. If you will jot down on a piece of paper the symptoms of your child as carefully as you have given them to BABYHOOD, and will state them clearly to a physician and let him examine your own physical condition (for you furnish the baby's entire food), you will be very much more quickly relieved of your troubles than if you try to treat the baby yourself. We fear the latter plan would be distinctly mischievous.

(3) Ordinarily, rocking is chiefly harmful to the mother, in the bondage it establishes. It does, of course, make the baby dependent upon a particular motion for his sleep, but it is not usually harmful. But when diarrhœa exists all motion tends to increase the frequency of discharges, just as it does in adults.

(4) Yes, if his skin is sensitive.

(5) A warm band will probably be of benefit when diarrhœa exists.

Condensed Replies.

L. O., Taunton, Mass.—Generally, artificial supports to help children to walk are injurious, but possibly you may remember the Italian children, who are taught to walk in a light straw machine, shaped like a crinoline, which so fits under the arms that the child can run about well supported,

without danger of falling. The "Baby Tender" you inquire about can be similarly recommended. The great disadvantage of an improper apparatus is that continued pressure on the imperfectly formed chest of a young child may be injurious.

S. A., Urbana, Ill.—The most frequent cause of stoppage of the nasal passages is inflammatory swelling of the nasal mucous membrane and the presence of excessive secretion. This is usually due to "taking cold," though it is often caused by the indirect irritation of the teething process. In the latter case the stoppage and "running of the nose" is generally on one side—the side on which a tooth may be erupting. See if there is any evidence of the coming of a tooth.

K. D., Wardner, Idaho.—Probably a slight indigestion or constipation caused the fever. The use of the sweet spirit of nitre most likely set up the perspiration. There is no evident reason to suspect typhoid fever.

S. O., Bellevue, Iowa.—There are two ways in which the blood is poisoned in diphtheria: first, by the specific poison that is the cause of the disease; and, second, by absorption of the decomposing false membrane. The latter form of blood-poisoning is particularly marked in nasal diphtheria.

A. S. D., Hayward, Wis.—Give additional food at first and wean very soon. Additional food which would probably agree can be made of good top cow's milk two parts, boiling water one part. Give every other feeding, alternating with breast milk.

If this does not agree try either of the foods mentioned by you. As the child is weaned, the food that is found to agree before weaning is to be continued.

D. F., East Norwalk, Ct.—The rubber "comforter" we do not like because its constant use sometimes makes the mouth sore and sometimes provokes flatulence, and may be one of the causes of it in the case of your baby.

H. C., Hinsdale, N. H.—In cities an analysis of cream as to butter strength is easily obtained. In the country we can think of no better practical way of forming an opinion than to weigh a pound or a certain number of pounds of the cream, and then carefully weigh the amount of butter which a skilful dairywoman can make from it, and calculate the percentage. A little good butter can do your child no harm, provided she does not get a liberal allowance of fat in other ways.

D., Metropolis City, Ill.—You probably did the best under the circumstances. For your guidance in a future emergency we will say: If the bleeding vessel is visible it should be pressed upon with the finger either at its mouth in the wound or nearby on the surface. If the bleeding be from a vein, a few minutes' pressure may alone suffice for its arrest. The same is true of small arteries, but in neither case is it certainly so, and farther prevention may be necessary. But, at all events, if the bleeding be once controlled by pressure, the control may be in this way continued indefinitely or until surgical aid is secured. It may be that the source of the bleeding is

not evident. In that case the limb should be seized with one or both hands in such a way that the opposite sides of the wound are pressed together as nearly as possible throughout their entire surface. This makes pressure in an indirect way upon the bleeding vessels. If the main source of bleeding be a single point, its situation may often be discovered by raising one finger at a time, and so relieving pressure, and noting when the flow begins again. This marks a point specially needing pressure; and in case a compress and bandage are to be applied, this is probably the proper place for the former.

B., Albany, Neb.—We do not consider the banana a desirable food for children in these latitudes, although it is said to be extensively employed in British Guiana as the food of infants, children, and invalids; and it may be that the fruit of tropical regions, plucked when ripe, is much more digestible than that which finds its way to our market. To us it seems to contain too large a percentage of unconverted starch to be suitable for either infants or very young children. It certainly cannot be recommended either for them or, indeed, for older children with as feeble digestive powers as yours seems to have.

D. P., St. Louis, Mo.—The corded under-waist, which is generally worn for support of skirts, underclothing, and side-garters, is quite capable of doing harm, unless very loose and properly fitted over the shoulders. The material is perfectly unyielding, and has non-elastic shoulder-straps

which are often buttoned or fastened in front. These straps, if tight, have a tendency to pull the shoulders forward and to prevent the proper expansion of the chest, and any backward movement of the shoulders and shoulder blades is defeated or made uncomfortable by the limitation.

G. D., Brookings, So. Dak.—Fever should be dealt with by the family physician, who alone is qualified to adapt his antipyretic remedies to each individual case, and who will relieve you of the responsibility of deciding about the cause, the nature, and the significance of the febrile symptoms. The temperature in itself does not point to any very serious disturbance.

N. I., Shelburne Falls, Mass.—In drying the child's skin, whether a local or a general bath has been used, care should be exercised to tap the part dry, and not to rub it. The easiest and best way is to wrap him up in a warm sheet just as he leaves the water. This is done because vigorous rubbing would irritate the skin and make matters worse. A warm alkaline bath, followed by the free use of a dusting powder after the skin has been gently dried, will probably secure the child a quiet night.

B. G. E., Brooklyn, N. Y.—The treatment of knock-knee resolves itself into attention to the nutrition, delay in walking, and attention to the shoes. The sole of the shoe can be thicker on the inner side than on the outside by at least a quarter of an inch, the whole length. This will force the child to separate the knees a little in

walking, and the pressure will come on the inner side of the knee.

C., Joplin, Mo.—Children with round shoulders should sleep on a very low pillow, or, better, with no pillow. They may also be allowed to read in the prone (not supine) position, resting on their elbows with the book at a proper distance from them. This position throws out the chest and throws back the shoulder blades, and is useful to that extent.

M. N., Cleveland, O.—There is no reason to wake the baby for nursing if it seems to be gaining, and your breasts do not become painful in the meantime. Rather be thankful that your baby is so good a sleeper.

N. I. A., La Porte, Ind.—There is no especial thing you can eat to hasten the teething of your baby. We think the baby would be better off if weaned before the summer. Artificial food, if wisely arranged, is better than any fifteen-months breast we ever saw. Backward teething may be hereditary, or rather the causes of it may be hereditary. The completion of a full set of "milk" teeth occurs at two years on an average, hence the name "two-year-old molars" for the last. Some children have them earlier. The first permanent molars appear on the average at about six and a half years, the first of the permanent teeth.

A. T. Rochester, N. Y.—General directions only can be given in this place. The room, in cases of scarlet fever, should be kept thoroughly ventilated, either by keeping open a window in the adjoining room or by some arrangement attached to the

window of the sick-room which will allow the ingress and egress of air without a draught; its temperature should be kept at about sixty-eight degrees, and regulated by a thermometer. If the room receives its heat from a furnace, the hot air should be made to pass over a pail of water containing either Labarraque's solution or Platt's Chlorides, and a towel with one end dipped in such a solution should be tacked over the register. If there be a stove, or, better than all, an open grate, these solutions can be placed near by, so as to be readily evaporated and distributed throughout the room.

R. E. Avondale, Pa.—The baby's head in its greatest circumference should measure about 13 to 14 inches. The soft spot on the head known as the anterior fontanelle should close up entirely before the second year, and there should not be any furrows along where the bones unite.

L. M., Frankfort, Kansas.—The term frost-bite is generally applied to a more severe form of damage than chilblain. It occurs more commonly about the ears, tip of nose, and cheeks than the lower extremity, because these parts are more exposed and less carefully protected. A single part of the body may be so severely attacked as to be frozen to death, or the whole body can be involved. Tissue which has been frost-bitten at first looks red, rapidly changing to a dull hue, perhaps mottled. Later it has a bleached, blanched-out appearance. At first there is a sharp tingling or pricking sensation in it, which rapidly gives

way to a numbness, and, if a finger or toe, it cannot be moved or only very slowly and with difficulty. If the frozen point is touched it feels icy cold, and is hard and tense like parch-

ment or pasteboard. If now no immediate measures are taken the part soon becomes swollen and discolored. It shrivels up and decomposition sets in.

THE VALUE OF REPETITION.

Upon the silver mug belonging to a certain small boy are three little Kate Greenaway figures about which the fond mother has woven a short story suited for baby ears. Since the cup first came into the possession of its juvenile owner this story has been repeated at least ten times a week, and always in precisely the same way. It was soon discovered that any variation from the earliest mode of telling produced, first a puzzled look in baby eyes, and then a decided protest from baby lips. Even a change of inflection was instantly noticed and resented.

In the experience of every mother a similar desire for exact repetition must have been observed; and wise is she who yields to the persistent request, springing as it does from an instinct as necessary to the intellectual economy as the instinct of hunger is to the physical. In the typical case of the silver mug, the story, simple as it was, and comprehensible in the main, contained many words unknown to the eager auditor. Daily his vocabulary increased, and daily he wished to bring this increased knowledge to the test of more complete understanding of the little tale he loved. Even with older children this simple explanation holds good. For eight or ten years, at least, there are many words in almost any story or rhyme which are but imper-

fectly comprehended. Such mysteries may not be cleared up for years.

In one of the *Dotty Dimple* stories the little heroine, imprisoned in a hog's-head, sings, in her childish voice,

"Let busy Caro, wife of Barrow,
Come, come away!"

I have read that story, and been sung to sleep by that song, correctly worded, hundreds of times, yet not until I was a grown woman did the absurdity of the words, as Dotty and I misunderstood them, come home to me. My misconception did not originate with hers, for I knew the song long before the story, and it was only the other day that I learned that the words really were

"Let busy care awhile forbear,
Oh, come, come away!"

I dread to think how many, many times those few syllables had to be repeated before I at all got the sense of them. Yet, perhaps, if my vanity would let me realize it vividly enough, I might learn a very salutary lesson of sympathetic patience. If we could all of us remember that the oft-times wearying persistency is but the outward sign of an inward desire for thorough and clear apprehension, which we would only too gladly praise in the same little beings when old enough to be college students, we

might not only be patient with it but encourage it.

Dr. Seguin, in his *Report on Education*, lays the strongest possible stress upon the important part which the sympathies play in the development of the child. He speaks of "things which, touching us to the quick, touch us forever." There are many of us who know that we were so touched by things often the most incongruous, and that out of a Mother Goose jingle or the refrain of an old-fashioned song we have extracted food for happiness and reflection far beyond our adult powers. Illustration and analogy flow most freely, in later thinking, from these childish stores. But in order that fancies and thoughts may penetrate to this centre of us where they become vitalized, and whence they flow forth again on occasion vivid with what force of individuality we may have in us, they must trickle slowly through the outer strata of ignorance and slow musing; and the stream, lest it be lost and absorbed, must be continually fed with new supplies. To the child who literally hungers and thirsts after knowledge—the righteousness of the mind—it is of the utmost moment how and by whom the mental pabulum is supplied. If it is well that the mother should superintend, and if possible personally administer, the daily food for the stomach, how much more important is it that the food for the brain should be given all interpenetrated with her love and care, appealing at once to the intellect and emotions of the sensitive recipient. The child lives into such knowledge, makes it a part of himself, and be-

comes organically, not superficially, a thinker.

Mr. Denton Snider, in his analysis of the character of Hamlet, says that the tragedy came into Hamlet's life inevitably because the bridge connecting the objective and subjective worlds in his nature was broken, and connection could only be made by the wild leaps of impulse, one of which caused him to kill Polonius. In other words, he could think but not execute. His reasoning became lost in its own subtle mazes instead of materializing in healthy action. The child who lives his thoughts, as every child's natural instinct prompts, is in no danger of becoming a Hamlet, a Chatterton, or a tragical visionary of any sort. To the extent of the power in him he will accomplish. Nothing will go to waste.

But in order that knowledge may get deep enough down to reach the "quick" of the child's being, to get below mere intellectual perception, it must be driven in, blow upon blow, repetition after repetition.

There is, however, a mistake into which an intense realization of the importance of the wisdom so imparted to a child might easily lead. The knowledge would all be carefully chosen, by mature, artificialized standards, by the intellect, unenlightened by the sympathetic intuitions of the mother. Such a procedure would be disastrous to the last degree. It would be as unnatural and unsafe as to feed a child upon chemicals, so many phosphates, so much gluten—a truly scientific diet—with the pleasure of dainty food all left out. Intellectually on the one hand, as physically on the other, the

child would droop and wither. And if such wrong food should be driven home by dreaded repetition, it would be as if to the injury of the chemicals were added the insult of a feeding tube and a forcing machine; preparing the small brain for service as the livers of Strassburg geese are prepared for *pâté de foie gras*.

With the present imperfect information regarding the needs of the mental and moral economy, perhaps the best guide to the kind of knowledge which ought to be provided is the child's own craving. His happy relish for the right food is at once the mother's reward and her assurance that she has not done wrong. This is, of course, providing that the child's tastes are unperverted by inherited or acquired vicious bias, and that the food administered is seen to agree. Foolish would be that mother who should persist in an oatmeal diet, however theoretically hygienic, after she had discovered that in her little one it invariably gave rise to trouble; and equally foolish would she be who should allow her ambitious hopeful to study himself into a brain fever because she liked to minister to his eager zest. A mother's duty often seems to consist in a wise, and for the most part inactive, observation of her child's

growth, confining her great desire to help to the warding off of adverse influences, and to answering the knowing creature's demands in the way that himself likes best. She should see that meddling hands are kept off, and thus secure to the delicate being in her charge the opportunity of being ministered to by hands even more gentle and loving than hers.

Choose, then, wise young mother, the tale, or the verse, or the play that seems sweetest and best, not only to the discriminating brain but to the loving mother heart, testing it by all the canons of remembered childhood. Offer it to the infantile autocrat in most attractive style, and, if he refuses it, lay it by, perhaps altogether, perhaps only till later development brings a change of taste. But if it pleases, continue it, not till you are tired, but till he is, which will be as much later than your weariness as his fresh young interest exceeds yours. Even repeat a little more than he asks, as many times as he will let you without compulsion, or until you are sure that this bit is his, never to pass from his possession. Thus will be cultivated that habit of intellectual thoroughness, that capacity for mental grasp, which is necessary to all sound thinking. K. W.

THE CHILDREN'S WONDERLAND.

What a field for the poet and romancer, if only they could distinctly remember the quaint and curious imaginings of their childhood! Such a fairy world as they lived in then, when elf, and sprite, and fay, living

and active, danced about the rim of their dinner plate! When the tiles of the fireplace were peopled with living heroes of romance, and it was no unusual thing for giants and dragons to peep over the garden wall, and for

ogres to prance in at the front gate, to look down from the clouds and the moon and up from the pansy's face. It was all so new and strange to them, this threadbare old world to whose disadvantage we now know so much; so no wonder their young imaginations made of it just what they pleased. No wonder that to one little girl the saucy baker's boy represented "Drones, Principal-baddites and Powers," and that stray horsemen were Powers of Light or of Darkness, in days when trees were of infinite stature and touching the sky, and the boundaries of the universe the picket fence over the way.

But poets and romancers forget, or but dimly remember; and fairyland ceases when common-sense begins, as it does with the gradual falling of natural objects into their proper atmosphere and relations. We forget so entirely that we wonder, as about utterly unknown things, at the queer remarks of our little ones, only repeating our own illusions and experiences of, after all, so little while ago. Those queer remarks often have no real "sense" in them, a maniac's babble is as wise, yet their perfect unconsciousness and their extraordinary jumble of facts and fancy, their distorted perspectives and chaotic images, tell us that sane imagination is there, although imagination utterly at sea and far from truth.

Little Ruth has been told the story of the blue tiles around the nursery fire so often that the **history** of those Biblical persons is very real to her, although as grotesquely out of shape and position as the whole world of *Alice in Wonderland*. What can be in

Ruth's mind as she sits crooning in her little chair, and watches those tiles, seemingly infused with vital sparks from the dancing flames? "Moses," we hear her say, very softly, "Moses, Dod must pank you. Notty folks is always panked." A moment afterward, as if she had waited for the "panking," she asks pityingly:

"Did it hurt oo, Moses?"

Now what was Baby Ruth thinking of? Did she dimly suspect that Moses was a "notty man" when he fell into a temper and threw down the Tables of the Law and broke them, just when they had been given him with such awful ceremony? Or was she looking at baby Moses among the bulrushes, kicking up his fat little Israelite heels, and showing those lovely spanking possibilities that no cherub possesses and that are almost the greatest fascinations and bewitchments the human baby brings with him to his mamma? Was it the spirit of Hebraic vengeance in little Ruth that imagined Moses so spanked? Or was it the mother instinct in embryo that made of spanking a caress? Or was it nothing but a jumble of ideas as confused as the firelight's action upon the tiles?

"Haven't you taught Ruth her 'Now-I-lay-me'?" somebody asked Ruth's mamma. That young mother was offended by the off-hand flippancy, and answered coolly:

"No. I am not prepared yet to answer her inevitable questions about her *soul*!"

Ruth, however, heard the conversation. "Teach me 'Now-I-lay-me', mamma," she begged. Strangely

enough, no question was started concerning that immortal part the Lord was prayed to "keep" and "take." Evidently Ruth had her own preconceived notion of souls, for as she sleepily repeated the verse a few nights afterward, it was in this wise:

"Now I lay me down to sleep,
I pray the Lord my corn to keep;
If I should die before I wake,
I pray the Lord my corn to take."

Evidently Ruth's *soul* was spelled *sole*, and her sleepy little mind confused it with an excrescence she had heard talked of in the same connection.

"What must I think of as I say my prayers?" asked little Madge, dimly conscious that popcorn, and dolls, and wrangles with brother Frank were not correct accompaniments of an address to the Heavenly Father.

"Oh, think how wicked you are!" answered mamma. So something in this wise that active little mind worked, all unseen by mamma, waiting to get away:

"Now I lay me down to sleep—how wicked I am—how wicked I am—but I ain't any wickedder than Frank, 'cos he pulls my cat's tail 'n I'd lick him if he wasn't the strongest; how wicked I am—how wicked I am. I pray the Lord my soul to keep. 'N how funny to ask Him to 'keep' it 'fore He 'takes' it. How wicked I am—'cos I told mamma she was a big tyke when she called me a little tyke, 'n when I'm grown up I won't call my little girl a tyke so'st she can call me another—how wicked I am—how w-i-c-k-e-d I am. If—I—s-h-o-u-l-d d-i-e 'f-o-r-e I w-a-k-e—w-i-c-k-e-d a-m."

At three years of age Charlie went to Sunday-school for the first time.

"And I said my verse!" he told proudly.

"What was it, dear?"

"Jesus perspired."

What could he mean? No persuasion could induce him to repeat it otherwise or take back his assertion that thus Marian taught him. When sister Marian returned the explanation was simple. She had taught him, "Jesus wept." It was a scorching day in August, and, by a not altogether unnatural transposition of words, the baby had changed it to "Jesus sweat," which, in its turn, became "Jesus perspired."

Marian herself, not many years before, had fallen into as grotesque confusion of ideas. She had heard a sermon in which the words "Holy Ghost" were repeated many times. That night she had bad dreams. "There's goats (ghosts) in my room, mamma," she was heard to cry, "and the Holy Goat's in the corner!"

Grandmother was once describing to Marian the beautiful heaven in which she hoped they would be together some day. It was a realistic description, as best suited to the childish mind.

"Always summer," murmured grandma, "with flowers blooming on every hand, and tall trees, and bees, and singing birds."

"No, grandma!" interrupted the eager listener, "there won't be no bees there, 'cos they work on Sunday down here—I've seen 'em!"

Once upon a time, four little children held each other's petticoats and marched tandem up and down the garden, singing as they marched. She

who writes now well remembers that she directed their choric music, composing herself both words and tune, or rather improvising them as she headed that triumphal march. Since those golden days she has given the world many lays, which only the world's stupidity robbed of world-wide immortality, but never anything so thrilling to her own imagination as that chorus, forty years ago :

"Rub, dub, dub, dub, darby,
Scoot over turtle;
Rub, dub, dub, dub, darby,
Tort over scootle!"

What in the world did it mean, and why brought this nonsensical jingle heaven down to earth for those innocent babes?

Alas, that I have forgotten!

W.

NURSERY HELPS AND NOVELTIES.

A Baby Basket.

The frame is about two feet high, containing two baskets, which are too pretty to be covered with the usual frill. Over the bottom of each basket are laid two thicknesses of cotton wadding, with a little sachet powder sprinkled between them; then sides and bottom are covered with fine light blue silesia, put on as smoothly as possible, and the bottom is again covered with a smooth piece of fine muslin. A strip of the muslin, somewhat wider than the depth of the basket, and edged on both sides with very fine Torchon lace, is then shirred to the top and bottom of the sides, leaving an inch ruffle standing above the upper edge. In the upper basket are three straw pockets, two seven inches long at the sides and a shorter one at the end, fastened by pale blue satin ribbon, which is first firmly sewed to the sides of the basket, then has its ends brought through holes in the back of the pocket and is tied in pretty bows on the inside. At the other end is a square pin cushion, covered with the silesia and muslin, trimmed with lace, and further ornamented by a bow of

wider satin ribbon on one corner. Attached to the standard at one side is the sponge bag. This is a piece of silesia eight inches square, lined with oiled silk, covered with muslin, and bound with the narrow ribbon. It is hung by two pieces of ribbon three-quarters of a yard long, the two ends of each being fastened to the diagonally opposite corners of the bag. There are also small bows of ribbon on each corner. A fine sponge (very useful for Baby's head, even when a cloth is preferred for the rest of the body) is placed in the bag; one pocket holds a thick, soft brush, another a small comb, and the third is useful for safety-pins, etc. In the basket is laid a porcelain puff box, whose flowered front, French-gilt rims, and pale pink puff showing through the glass cover add greatly to the prettiness of the general effect.

I have found this basket easier to make and much more convenient to use than the usual single basket, to be set on a chair or wherever happens, and probably knocked to the floor before Baby is half dressed.

Fort Worth, Tex.

R. S. T.

BABY'S WARDROBE.

To Preserve the Tops of Stockings.

If other mothers have been troubled as I have been with the inevitable holes made in the tops of stockings by every variety of stocking supporter, they may be glad to learn of my way out of the difficulty. To one end of a strip of elastic four inches long I sew a doubled piece of tape long and wide enough for a stout button-hole. This buttons on the waist. To the other end I sew two narrower strips of tape, four or five inches long, and these I tie to corresponding tapes on the stocking. Each stocking is finished around the top on the inside by a piece of tape, from the opposite sides of which come the strings which tie over the knee. At night all that is necessary to do is to unbutton them from the waist. L.

A Dirt-Armor.

I would like to describe something which I have found very useful in keeping my little boy clean. It is a gingham blouse with large, full sleeves and gathered into a waist-band to which buttons a pair of gingham drawers, made so large and wide as to take in his skirts. The sleeve is gathered into a waist-band. He is dressed

for the afternoon, and then protected by his "regimentals," so that he can play as he likes, being easily made ready for the parlor in two minutes.

M. S.

Baby's Skirt Protector.

To prevent my baby from soiling her clothes, I have a half-moon-shaped pad, 12 x 15 inches, made of canton flannel, doubled and stitched around the edges to hold in place. To this pad is buttoned a piece of white rubber cloth of same shape. The pad is tied loosely around the waist with tapes over the diaper, the canton flannel coming next to the diaper. As the rubber does not touch the child, simply keeping any moisture from the skirts, I have seen no ill effects from a nine months' wearing, and in all that time had no soiled flannels. I continued to use the pads at night after my little girl was in short clothes.

A half dozen pads, with two or three rubbers, are sufficient. If the rubber is frequently washed in ammonia and water there will be no unpleasant odor. It is a great comfort to hold a child without an extra pad on the lap.

Rochester, N. Y.

S.

NURSERY PASTIMES.

Individual Ownership of Toys.

When "Donna Boy" filled the oil stove with water and emptied the bottle of shoe dressing on the library carpet, the climax of our despair was reached. At the breakfast table a serious discussion of our *enfant terrible* resulted in the decision that the trouble lay in our neglect to furnish suitable playthings for the lively child.

Nothing had ever been purchased for his very own. The drawer full of nondescript toys belonging to his older sisters had been deemed sufficient. But the china dogs he cared nothing for; the "Santa" he openly snubbed; and he took no interest whatever in the quantity of bright blocks placed at his disposal. His sisters' precious dollies, his only adoration, were most emphati-

cally denied him; and so, propertyless, he wandered aimlessly about his little world, seeking amusement wherever it offered.

The family conference opened the doting uncle's purse to the extent of a tiny red cart with two wheels. From this time a wonderful change came over the proverbially "naughty boy." A suggestion to fill the wagon with the despised gay blocks, and pile them by his mother's sewing machine, kept the sturdy little legs on the trot for hours. The next day the addition of a dollie, the size of his sisters', still further absorbed the attention of our little "Paul Pry." Later a hobby-horse claimed supremest devotion, and thus we solved the problem of our nursery difficulties.

Indiana.

P.

Portable Toy-Receptacle.

A great convenience in the nursery is what may be called the toy-box. It serves as a sort of catch-all for blocks and small toys that are not valuable enough to be put away separately. It can be cheaply constructed at home.

Buy at the grocer's a smooth, well-made box; the size holding soap or canned goods is the best. It will probably cost ten cents. Another ten cents will buy a set of small casters. Fasten them into blocks of wood about two inches square, and nail these blocks one at each corner of the bottom of the box. Then paint it, inside and out. One twelve-cent can of prepared paint will be enough. This can easily be rolled into a closet or corner by the little owner, and, strongly made, will last many years.

G.

THE MOTHERS' PARLIAMENT.

Trouble with Early Bad Habits.

I will relate at some length a few of the habits of a three-year-old boy in my own family, and the success with which we have combated them. The first one which I noticed was a most alarming habit of heavy breathing, which appeared when the child was no more than six months old. The breathing at times was perfectly normal, but at frequently recurring intervals it was thick and labored to a painful degree. Strangers invariably thought it premonitory of croup, and those who knew him better feared the little lungs were already diseased. Constant watchfulness on the part of those nearest him confirmed the impression that the heavy breathing was only a

habit, and we set ourselves to correct it. Always during sleep the breath came as quietly and softly as with any child, and it was only when under excitement that it became alarming. The first thing, then, was to have as little excitement as possible, and upon the first symptom of labored breathing to remove the child to perfect quiet. As he grew older, and more capable of comprehending our wishes, we gradually taught him to know that it displeased us and to stop at our command. By degrees the intervals during which the breathing was normal became longer and longer, until this was the general state, interrupted only by occasional departure. Now, at three and one-half years, there is not a

trace of it. As the same child began talking he tried to speak faster than he could form the words, and a habit of stammering was rapidly forming. We did not wait until we had a fully-formed habit to battle with, but attacked it immediately, not allowing a single sentence to be uttered until the one preceding it was slowly spoken and distinctly enunciated. It took time and patience, but the process involved less of suffering to the child than it would have done at any later time, and he speaks now much more clearly and distinctly than his mates. A habit of squinting, and another of sitting stooped in his carriage, were cured by constant care. There was another, the cause of which we never could determine, which proved most obstinate. This was, at first, thought comparatively harmless, and was simply the turning forward and downward of the upper part of the ear. It soon became evident that, if persisted in, it would ruin the shape of the ears and thus the whole appearance of the head, and we set to work to correct it. The task seemed almost hopeless at first, for watchfulness, commands, and even punishment produced but little effect. We persisted, however, and in time were rewarded by a complete victory.—E. H.

^{Apt}
Followers. Do parents half realize how apt their children are in imitating their sayings and doings, or how great, how very great, may be the influences of their own daily acts upon their children for their future good or evil? I say evil, for, innocent and artless as little ones appear, that

wonderful store-house, the mind, may, almost unconsciously to all about them, be storing up something mamma or papa has said or done, and which therefore *must be right*. And they will at the time, or long afterward, make use of their knowledge in a more striking way than the aforesaid parents dream of.

Some, by way of caution, and with a wink toward some uncommonly bright child, will use the trite saying: "Little pitchers have big ears." Or perhaps a parent quotes it with a hearty laugh after hearing a smart child repeat what he had much better not have heard. Again, ways and actions of a mother are often repeated with almost dramatic effect by a child with its playmates or dollies.

To give a forcible example of this—which might readily call up a smile were it not disheartening to think of its lasting effect upon the child, and how similar things are constantly occurring all over this wide world of ours—some children were at play in front of a well-appearing mansion when a bright-eyed little girl, somewhat under six years of age, screamed out to a youngster who was seated on a curb-stone making hasty-pudding of the soft mud in the gutter:

"Bob, you good-for-nothing little scamp, come right in the house this minute, or I'll beat you till the skin comes off!"

"Why, Angelina, Angelina, my child! what do you mean? Where do you learn such talk?" exclaimed her mother in wondering surprise, as she stood on the stoop graciously bowing off an elegantly dressed caller. Then

she added apologetically, "Children pick up such strange language."

Angelina looked up innocently and answered, "Why, mother, you see we are playing, and he is my little boy, and I am scolding him just as you did me this morning; that's all."

Alas! is it all? Will that child, if she lives to become wife and mother, treat her children differently? Will she not, too, in self-forgetfulness repeat the most common phrase in some mother's vocabulary?—"I don't see where my children learn such things."

Can we, indeed, wonder that the children of such parents do not turn out more gentle and pure-minded, that they are more apt to reproduce the evil than the good they learned in the home of their childhood? And in the same way the apparently innocent yet too frequent card-playing, the social glass, etc., may they not lead them still further? Ay, to gambling, excess in wine-drinking, and a less high-toned sense of morality. Then let us earnestly plead for more gentle care and watchfulness over the little ones, who from their earliest childhood are pliable and will receive such impressions as will tell upon their future and bring forth fruits for good or evil.
—K. D.

Little Men and Little Women.

After all, men and women are only grown-up children, and we often see people who have reached mature years behave very much as do our own little nursery folks. These men or women show plainly by their lack of self-control and of judgment, by their selfish ways and peevishness, and by

numerous other traits, the fact that their early training was sadly neglected. Of course it is not easy to enumerate, even, all of the points at which a child's character needs watching, but one or two may be mentioned; and, first, let us look out for that fault called *selfishness*. I suppose all of us, from Eve's first-born down through the ages since, have had, to a greater or less extent, this to battle with. It appears in so many forms that it is sometimes not recognized, but is called by some other and less disagreeable name. There is the child who refuses to share cake, fruit, or toys with his sister, who will not allow another to look at his toys or his books. This little one we all know, and this form of selfishness is usually struggled with by father, mother, and relations generally, because, for one thing, it makes a child appear in so bad a light to others, and none of us want our children to be disliked. Then there is another child who will share his good things or his toys with any one, and who is therefore thought to be a model of unselfishness, and yet that same child will spend half his time in teasing and fretting some other little one, with no end in view except his own selfish amusement. Who has not seen him slyly, and in evident delight, knock down the tower of blocks or the sand-house which his little brother was building, and laugh in glee when he had kicked over the rolling hoop or broken the kite-string? This child is usually reprov'd, if at all, in the lightest possible manner, and the adoring mother often laughs at what she considers his smart devices for worrying

his playmates and amusing himself. "He can't help teasing; it is born in him," is what is often said as excuse when one child has in this way spoiled a whole morning's play for another. This is a far more deplorable phase of selfishness than the first, because it causes the child to gratify himself at the expense of the rights and feelings of others, and this of itself leads to all sorts of evils.

Then there is that form of selfishness which manifests itself in the strife after the easiest chair, the cosiest corner, the biggest apple, and so on almost without end. Do let us keep a good lookout for this many-sided fault.

Next comes *rudeness*—that entire lack of courtesy which is so common among children, and particularly among those who are members of a large family. This may be in a great measure corrected by the mother. Insist that they shall speak pleasantly to each other; require Susie to say "If you please" to Tom, and Tom to say "Thank you" to Susie, and keep it up through the entire list. It is a troublesome task, and often it seems that, no matter how great the effort made, the result is failure; but patience and perseverance accomplish, if not all, certainly most things, and the result is worth striving for.—*N. L.*

The Influence of Music. When my baby was six months old I noticed that certain tunes sung to her would bring on almost frantic crying-spells. It was some time before I connected the singing and the crying, but after repeated trials I was obliged to con-

clude that the one was the cause of the other. She was very fond of being sung to, and only these few tunes—nearly all of them in minor keys—distressed her. Her tiny face would begin to work and quiver the moment I glided into one of them from one that she liked; and before two lines were sung, after great apparent effort to control herself, she would break into a storm of sobs, which would begin to subside as soon as the tune changed. She is now three years old, and, after long and patient effort on my part, is beginning to get over it. I take her in my lap, tell her I am going to sing something that I want her to learn to like, so that she can sing it with me, interest her in it beforehand, and begin. Her whole face and body are in a quiver at once; but I stop and talk to her about it at every line, try to get her to admire certain notes, singing them over and over, assuring her at the same time that she *can* learn to like it if she will try; and in this way, one by one, many of the tunes are conquered, and she learns both to like and to sing them. But it is a slow process. She carried some two or three tunes very well when she was two years of age; at two and a half she would pick up any tune from hearing me sing it (I only sing hymn tunes, which are, of course, simple), and make up long stories in prose, fitting the words to the notes as she went along, singing to her dolls. I don't know much about children, but this seems to me unusual. Before she was born I determined that I would do all I could to give Baby the wonderful blessing I had always

longed for so vainly for myself—a beautiful voice—and whenever I was alone I sang “with my whole heart joyfully”; and I suppose this explains her sensitiveness to music, to some extent at least. By holding her voice back until she is nearly grown, and then having it thoroughly trained, I hope to see my wish realized.—G. H.

Little Ones at the Theatre I was much interested in a recent letter in BABYHOOD, concerning the wisdom of taking children to public places, and am tempted to give my own experience of the effect of theatre-going on a child. I fully agree that children have no business in a theatre for many reasons, the annoyance that they generally are

to their older neighbors being counted among the least. There is something exciting to a child in the mere fact of going out at night—at least I have found it so—and when the hours usually devoted to peaceful slumber are spent in the heated atmosphere of a crowded theatre, where the glare of light dazzles the eye, the flow of music charms the ear, and every sense is alert for “what will come next,” I think the harm done morally, mentally, and physically is more than most people imagine.

My little girl (not the *baby*) is the unfortunate possessor of an extremely nervous, sensitive temperament, united to a delicate physique, and last winter



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she was allowed to go with papa a few times to the Opera-House (she was just seven years old); but she came home each night with her blue eyes brilliant and her usually pale cheeks crimson with excitement, could not quiet down to sleep for an hour or two, and then tossed restlessly to and fro, a few words now and then showing that the scene was being re-enacted

in her dreams; and when she woke in the morning, with no appetite, fretful and languid, the color gone from her face and the light from her eyes, I felt that I had no right to be anything but a most patient mother through all the long day. And a very few experiences of this kind were quite sufficient to teach me that my child, at least, had no business at the theatre.—*M. W.*

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VOL. XVIII.

APRIL, 1902.

No. 209.

NURSERY PROBLEMS.

The Origin of Diphtheria; Questions of Diagnosis and Prevention.

To the Editor of BABYHOOD:

I have just lost a three-year-old child from diphtheria. He took sick and died within five days from the time I called in the doctor. He was not able to decide that the child had diphtheria until the third day and after his sixth visit, for he came twice a day. He first pronounced it tonsillitis, but fearing it might be worse, he watched for further development. I have three other children, but they have not taken it. It will be two weeks to-morrow since the boy was buried. Now, there are a number of questions that puzzle me.

(1) If it was diphtheria, and I suppose it was (for the doctor said so), I do not or can not account for its origin.

(2) Ought the doctor to have been able to tell sooner what the real malady was?

(3) Need I remain in constant fear, as long as I am here, that it may break out with some of the other children? We took great precautions to scald, burn, and fumigate as thoroughly as we could, yet I imagine or fear that some of the germs may be lurking around somewhere, to come upon us some time unawares, for I have read that it may be contracted after a period of a year, and even longer; if so, what are some of the preventive measures good to adopt?

Jonesboro, Tenn.

L.

(1) The appearance of diphtheria in entirely remote places is sometimes

puzzling in the extreme. We are often forced back to the conclusion that the diphtheria organisms have been dormant, waiting favorable circumstances to develop. We recall several instances where the opening of a cesspool or disturbances of accumulations of stable filth seemed to give such a favorable condition.

(2) Without the facilities for bacteriological cultures, the diagnosis of diphtheria on the tonsils is sometimes impossible. Still more frequently it is recognized only by its course. This means that an inflammation of the tonsils (tonsillitis) may be any one of many kinds, which have as many causes. If in the deposition or secretions of the tonsil or neighboring parts, by culture and microscopic examination, the peculiar organism of diphtheria (the Klebs-Loeffler bacillus) is found, it is agreed that the disease shall be called diphtheria, however mild it be; while if this organism be not found, it is agreed that it is not such, no matter how ugly the appearance of the throat or grave the symptoms. Other organisms may be the cause. In many, perhaps most, cases a practised eye makes the cor-

rect diagnosis at once. In many cases no unaided eye can make it.

(3) You probably are already guarded by your disinfection from contagion from the previous case. As to the unknown source of poison, if such still exist, we know of but one preventive, namely, the use of immunizing doses of the diphtheria antitoxin, which give immunity on an average for about three weeks, when they may be repeated if required. The communication of diphtheria after a year or like long periods is in all probability due to articles not properly disinfected, and so kept as to preserve the poison until it is awakened, as mentioned above.

Loss of the Mother's Hair.

To the Editor of BABYHOOD:

I should like to ask why a woman's hair should fall out after she has given birth to a child; also if there is anything to prevent its doing so. I am now troubled a second time in this way, although my baby is almost a year old, and I can ill afford to lose the quantities of hair that come out both with combing and brushing.

South Omaha, Neb.

G.

We cannot answer in a way to make the matter any clearer than it is to you. It involves a long discussion of the methods of growth of the hair. The peculiar falling of the hair after an illness (and childbirth seems in this particular sometimes to be an illness) is well known and has received a distinctive name in medical nomenclature. Usually the hair is restored; indeed, the springing of new hair is often coincident with the fall of the old. Of course the interval of thin and short hair is disagreeable to the sufferer. We know of no way of preventing the trouble, but the growth of

the new hair is sometimes accelerated by medical treatment. In families where a tendency to baldness exists we have noticed that each renewal of hair was less abundant than the previous one.

Weaning Before Summer.

To the Editor of BABYHOOD:

When should my baby be weaned? His two older brothers were fall babies, and nursed ten and eleven months, but this one came in May, is a plump, healthy, ten-months-old boy without a tooth to be seen, though there are signs of their speedy coming.

The supply seems plentiful and nourishing. He eats six times in the twenty-four hours—once in four hours—regularly night and day (is that too often?); and if it is best while he is teething, I can probably keep tolerably strong and nurse him through September, though it is usually quite a tax upon my strength. We shall be in the country during July and August, where good milk from one cow could be obtained.

Dayton, O.

D.

It is probable from what you say that Baby already needs more than you can give him. At ten months six nursings in twenty-four hours is rather more frequent than is necessary, but it is not excessively so. You cannot, in all probability, carry him on the breast alone until the end of September, and you would better begin to give him some artificial food very soon; it is quite probable that before June he will have weaned himself.

Reading Lying Down.

To the Editor of BABYHOOD:

Can it be harmful to a girl of seven to read lying down, either by daylight or artificial light? In what way is such a practice harmful, if at all?

St. Louis.

T.

That harm may come from reading in a recumbent position is true. To go into the ways in which the harm may come would be too long a story just here. The commonest way in which injury does actually occur is by straining the eyes. In reading, several things are necessary to insure comfort. The page must be thoroughly illuminated while the eye is protected from the direct glare of the light and from the too strong reflection from the paper. Hence the general rule of having the light come over the left shoulder in reading or writing. Besides, the body should be in such a posture that the distance of the page from the eye can be easily kept uniform. By care the proper illumination may be obtained even while the reader is lying down, and, if the book is easy to hold, the distance may be maintained without fatigue. It is doubtful if books do much good to a person too tired to sit up.

Long-Delayed Teething.

To the Editor of BABYHOOD:

Why are some babies slow in teething?
New Britain, Conn. H.

The commonest cause of very slow teething is a derangement of the system known as rickets; the cause of which is improper nutriment, such as poor or insufficient breast-milk, due to too late nursing, too early weaning, and consequent use of food beyond the baby's digestive power, particularly starchy food. Any kind of improper food may produce the result.

Various Points of Diet and Clothing.

To the Editor of BABYHOOD:

As I am living far away from home, and

have no mother or grandmother to advise me, will you be kind enough to answer my questions as I give them?

(1) How long should a baby born in September last wear a band?

(2) How old must he be before I can give him the milk cold, and how much shall I dilute it as time goes on? He is now six months old.

(3) How long is it necessary to warm diapers?

(4) How often should I feed my baby now, and how shall I lengthen the times, and how often should he be fed when he is a year old?

(5) What should he wear at night in the spring and summer in place of the flannel wrappers he now wears?

(6) When should he leave off diapers, and when should he put on drawers?

(7) What should he wear for undershirts this second winter? I made him knitted shirts for last winter. I ask so far in advance, as it takes me some time to knit them.

Bath, N. Y.

G.

(1) The band is an unimportant matter; but as you have gone into cold weather with it, continue it until mild weather.

(2) If you mean that the baby is now weaned, and living on cow's milk, it should be less and less diluted as time passes. At six months half boiled milk and half barley-water is about the right proportion; gradually increase proportion of milk. He cannot take cold milk, undiluted, until next autumn, at earliest, and even then it will be better warm.

(3) Until they are comfortably warm, to your own cheek, for instance.

(4) About five times a day now; three or four times, according to the size of his meals, at one year; lengthen gradually.

(5) Keep on the flannel wrappers.

Diminish bedclothes or underclothes if they are overwarm.

(6) When he is old enough to give notice of his needs.

(7) Good, warm smooth flannel will do; you can knit shirts if you have the time, but they are not preferable in the second winter.

Treatment of Hernia: Combined Breast and Bottle-Feeding.

To the Editor of BABYHOOD:

(1) What is the best way of treating hernia in the groin of an infant three or four months old? What is the best kind of truss to use, if this be the best way, and is there any injury likely to result to the back of the infant from the use of truss? Can infantile hernia be effectually cured?

(2) If the mother's milk is small in quantity (not enough for a single feeding of her baby), is there anything improper in allowing the baby to first nurse from the mother and then finish the meal from the bottle, using cow's milk properly diluted?

Charleston, W. Va.

S.

(1) The best way must vary considerably with the case. That is to say, something depends upon the kind of hernia, more upon peculiarities of the child as to strength, plumpness, sensitiveness of the skin, and many other details. Using the word truss to cover all kinds of retentive apparatus, there are a great variety of trusses, and we never saw any one which would suit all cases. Sometimes a knotted skein truss, for instance, will succeed where a metal truss would not, and *vice versa*. There is no reason to fear any injury to the back; a misfitting truss might irritate the skin. It should be added that at the present time hernias are cured by operative methods if the truss fails. The best judge you have accessible is your

own physician, who can carefully examine the child and judge just what treatment is most likely to succeed.

(2) If the food is properly adjusted in composition to the child's needs—age and digestion both considered—there is usually no impropriety in such combined feeding. Do not overfeed, which you may easily do at first.

Offensive Breath: Small Appetite.

To the Editor of BABYHOOD:

My two-year-old daughter seems to be perfectly well, but usually awakens in the morning with a bad breath, or rather has done so for about six weeks—I had not noticed it before.

She has not cut her last double-teeth yet, but they all seem nearly through. Could they be the cause of the offensive breath? It disappears in a short time after she gets up.

She is also a very small eater; usually eats about two tablespoonfuls of some cereal for breakfast, though sometimes not so much, and sometimes refuses to taste anything; she seldom eats a lunch, and at noon will eat a very little mashed potato, or bread and butter, and for supper just a little bread and butter, sometimes nothing at all except milk, of which she generally drinks about three glasses throughout the day, though once in a while she will not even taste it all day. We live in the country and cannot get fresh meat, so she has to do on vegetables and fruit. She is also very fond of the *white* part of eggs cooked hard, but I am afraid it isn't good for her; she will hardly taste the yolk. I write at length about her, for it seems to me she doesn't eat enough for her own good, though she is the picture of health and happiness. It is very seldom anything goes wrong with her, though she is a little inclined to constipation; but I have such faith in BABYHOOD's advice that I feel perfectly safe in following its directions.

Iowa.

R

The commonest causes of a bad

breath, where the teeth are sound, are disordered stomach and certain catarrhal disorders. The teething may possibly cause it.

If the child really is well and strong, and grows fairly, it is not worth while to worry about the small amount eaten. Three glasses of good milk count for a good deal. If an egg is boiled a very long time—half an hour, say—the white usually loses its toughness, and can be then broken up easily and is more readily digestible than when eaten in its usual hard-boiled condition.

Condensed Replies.

M. D. A., Gloucester, Mass.—The best way to nurse an infant is by holding it in the arms and giving it the bottle in about the same position and height as if it were really being nursed by its mother. When it has finished nursing the bottle should be removed, emptied, and cleansed. Never should the bottle be left in the infant's care to use at will.

H. H. A., Harrisburg, Ill.—For a child of the age of yours, an excellent exercise for the muscles which keep the head erect is, the following simple one: Let her sit in front of mother or nurse. Place the hand against the neck and base of skull, and have her push the head back against the attendant's hand as far as possible, the attendant resisting and pushing, and gauging her resistance by the strength of the child. Return to upright position and repeat the exercise. The same exercise given to the whole spine is excellent. Both hands may be placed against the shoulder-blades of the

child, who is told to push backward, holding the head and spine rigid, as far as possible. In returning to the upright the backward movement may be repeated.

W. A., Washington, Pa.—We cannot recommend such a hair wash. If it is used to prevent the hair from turning dark, it is, of course, intended to counteract a natural tendency, else it would not be called for. Such a wash becomes in effect a hair bleach, and we know of nothing that is efficient and at the same time free from the disadvantages you mention.

C. H., Litchfield, Conn.—Your inquiry expresses the very common belief in the particular influence of mental states of the mother during pregnancy upon the child in some way or other. Now, there is undoubtedly a certain degree of truth in this idea, but is not so true as to be a just cause for a distressful anxiety to live up to all that it implies. The principle involved is, of course, the well-known one of heredity. But a recognition of what heredity really is carries us back much farther than the period of pregnancy. Heredity rarely perpetuates passing states of mind or body, but permanent states or prevailing tendencies. It is indeed well to keep both mind and body in the best possible condition during pregnancy, but the mother should not harass herself with the idea that her child's future is made or marred by her success or failure, because there lie behind this all the accumulated hereditary tendencies of the mother and the father as well; and the most rigid care during preg-

nancy can no more undo these than the most scrupulous attention to the details of Sunday worship can atone for a life of vice during the other six days of the week. A pregnancy which has been marked by good physical and mental health in the main is indeed a hopeful augury for the child, but no one has a right to despair of the latter because the mother's condition has been a distressing one.

S. D. K., Leavenworth, Kans.—A certain number, nearly seven per cent, have the rupture at the time, or within a day or two, of birth. It is useless to talk about prevention in such cases; but a very large number develop after the first week or two.

S. E., New Brunswick, N. J.—Stuttering almost always begins in early childhood, and unfortunately, we must admit, frequently continues during life. Nevertheless, this need not be so. At the present day stuttering is an extremely curable condition if the necessary care and time are taken with the affected child. A natural exemplification of this statement is found in the fact that in adult life the proportion of males affected to females is more than three to one. There is probably no particular reason why this should be so, unless it be, as has often been remarked, that women are possessed of greater pride than men concerning the beauty of their speech, and greater tact and delicacy in the use of their words—factors which render them less liable to the effects of some of the influences favoring stuttering. There are in this country many excellent institutions the entire object of

which is the relief and cure of stuttering. Many of them are presided over by able and conscientious teachers, and they are truthfully able to report a comparatively large number of complete cures. But no faith should be put in notices calling attention to the claims that stuttering can be cured in a few days or by one visit.

G. D., Berlin, Wis.—The food you ask about is one of the best. No food is sure to agree, and you will need medical advice when what you use does not.

R. L. N., La Moure, N. Dak.—There are two ways in which ringworm manifests itself; it may grow on parts where there is no hair, or on the scalp. Occurring on the hairless parts, the first thing that is noticed is a small, round, slightly scaly, red spot about the size of a ten-cent silver piece or smaller. At this stage it is rarely noticed, as it gives no trouble. Being let alone, the point develops rapidly into the round and scaly spot. If then it is not noticed or checked, it will increase in size while undergoing a characteristic change. That is, it begins to clear up in the centre and spread at the border, still preserving the round shape, and therefore forming a ring. A typical ringworm patch has a slightly raised, pale-red border covered by grayish scales, or thin scabs, more often the former, while its centre is formed of normal skin.

L. Y., London, O.—You might try consommé soup, mutton, and chicken broth, to which may be added rice or barley, and beef-tea. Broths should

be made of chicken, lean beef, or mutton, of the strength of half a pound of meat to the pint of water for a child of the age given.

L., The Dalles, Oregon.—The case is not an unusual one. Hysterical children are often lame, and they complain of pain and soreness about the knee or ankle joint. Contractions of certain muscles may take place, and the limb becomes partially flexed. This condition may remain for only a short time, or it may continue for months, when it suddenly disappears, to again manifest itself during some future attack. Patience and careful supervision of your child's general bringing up will probably overcome the trouble.

D. G. A., Buffalo, N. Y.—The natural manner of breathing is through the nose, and if a baby does not breathe in that manner something is wrong. A habit of breathing through the mouth is sure to result in injury, the throat and other air-passages becoming irritated by the air breathed, which, if it had passed through the nose, would have been modified and deprived of injurious qualities. Furthermore, the habitual "mouth-breather" develops a very silly, characteristic expression and shape of the features. It is very important that the baby should breathe through its nose, and it will do so if that organ and the throat are in a healthy condition. If you do not notice a speedy improvement in the child's breathing, you had better consult a specialist familiar with such conditions.

T. A., Fairhaven, Wash.—The fre-

quency of feeding is largely a matter of habit with a child; it can be trained to almost anything with a little care. During the period which you are considering most children do better when the interval during the day is not more than four hours. This would give, between 6 A.M. and 10 P.M., room for five meals. It is very important that nothing whatever be given between 10 P.M. and 6 A.M. It is, with few exceptions, the fault either of mothers or nurses if children require night feeding. The food itself appears to agree with the child, and there is no need of experimenting with any other.

A. P., Duluth, Minn.—We have no practical acquaintance with the article. The market is flooded with "foods," and it is not possible to be acquainted with all. The best are probably those which have won the widest reputation, because unless they had something of merit this repute probably could not have been gained. Those that BABYHOOD has most knowledge of, and at the same time most confidence in, are frequently mentioned in its columns. An article of the trade name mentioned by you has been brought to our attention, which is not a food, but a remedy supposed to increase the flow of milk in nursing mothers. We have heard the evidence of but one physician regarding its merits. His opinion was, on the whole, rather favorable.

L. O., Topeka, Kans.—Take any one of the foods suggested, and give it a thorough trial before changing. In using any food follow directions

very carefully. We believe that in this way you will have settled a good dietary before summer.

M. C. M., New York.—All things considered, we think you would better have the weaning over before summer heat comes. She should not, at her age, be fed at night between your bedtime (10 to 11 P.M.) and an early rising hour (6 to 7 A.M.). She may have a drink of water, if necessary. But you have kept her on in such bad nursing habits at night that it will probably be as easy to wean entirely as to correct these habits.

G., Knoxville, Tenn.—For the crossing, such clothing as would do for ordinary winter wear will probably be suitable. Early in May the weather on shore is subject to violent fluctuations—often a short season of high temperature being experienced—but at sea this is not likely to occur, and, if it should come, the laying aside of heavy wraps will be sufficient. If the voyage be stormy, the children will probably be in bed. Warm woollen bed wrappers are a convenience, if you are not too crowded for room.

D. C., Dakota.—We do not think that the nausea is any less marked under the circumstances. Suckling generally disagrees with infants at such times—that is, the infant has not good enough nourishment, and as soon as the condition is known immediate weaning is, under ordinary circumstances, the best plan. A child born the first of September may, if the mother's supply of milk is very good in quantity and quality, be carried over till the end of the next Septem-

ber. If the breast is not very good, it would better be weaned before hot weather, and fed during the summer on diluted cow's milk, as frequently directed in BABYHOOD, or, if this does not agree, on some of the prepared foods, as may be directed by your physician. As you describe the health of the mother, the earlier date of weaning is probably better. The symptoms of the child itself are not proof of rickets, only suggestive of it.

F. B. L., Davenport, Iowa.—There is no objection to the use of Mellin's Food with sterilized milk. In using the food (or any other prepared food) you should strictly follow the printed directions. It is only justice to a manufacturer to use his wares as they are intended to be used. We never recommend a bottle with a tube. It has no advantages except to favor careless feeding of an infant, and has many disadvantages and even dangers.

F. A. S., San Francisco, Cal.—Such a condition of the bowels needs attention from a physician promptly. It is not one to be referred to BABYHOOD, whose answer cannot reach you for a long time, even if it ever undertook to treat cases of disease, which it does not. It does try to give good hygienic advice, but in cases of illness it would be mischievous if it advised any detailed course of treatment.

M. O., Montague, Mich.—Quinine in small doses is a most excellent tonic, but its frequent use without advice is not to be commended.

T., Cedarville, Cal.—With a rheumatic child the use of the bath should

be carefully regulated. It is well to study the effect of water upon the child and, if necessary, make the temperature less cool.

G. R., Terre Haute, Ind.—The food is generally esteemed one of the better class of prepared foods. The passing of curds is evidence of incomplete digestion. If the child does not improve on its present diet we should incline to use milk peptonized, and to vary occasionally, that is, a meal or two in the day of some other peptone—beef, for instance, if the milk was not altogether satisfactory. But the management of such a case really needs careful medical supervision.

N. A., Cohoes, N. Y.—The duration of typhoid fever in children varies more than in adults. It lasts in most cases from two to three weeks. There may be an intermittent stage of fever, with a normal morning temperature, lasting some days after the regular continuous fever has departed. In some cases, however, the remittent fever will last without any break for four or five weeks. A most peculiar feature in children is that the fever, after lasting several days or a week, may abruptly subside without any apparent cause. The case you describe may have been of this kind, although we are inclined to question the accuracy of a non-professional diagnosis.

L. A., Philadelphia.—Much can be

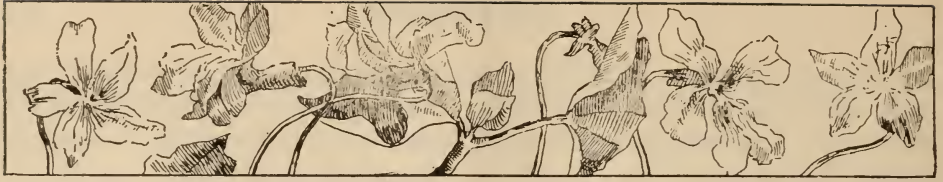
done in many cases, by diet of the mother, to improve the quality of her milk, but to know what to do it is necessary first to analyze the milk, in order to ascertain in what way it differs from the average of good breast milk. Such analysis can be obtained in your city by your physician, and he can base his directions upon the results.

O. T., New Iberia, La.—A few drops of warm water may be dropped into the nose to soften the accumulations and to induce sneezing; or the child's head may be firmly held, and a very delicate "invisible" or lace hair-pin may be used gently to remove the obstructing matters. Great care should be taken not to roughly scrape or otherwise injure the delicate lining membrane of the nose.

L. M., Pueblo, Col.—The food may safely be used. With regard to the best method of preparing milk for a child three months old, we should say: Take of pure milk one cupful (1 gill), boiling water two cupfuls ($\frac{1}{2}$ pint), limewater one tablespoonful, sugar-of-milk one teaspoonful. Mix carefully. If you cannot use sugar-of-milk use loaf-sugar. The water must be *boiling*, not merely hot. Do not boil the milk.

G. A. D., Otsego, Mich.—The operation is by no means difficult, and any well-qualified general practitioner can do it.





THE BABY'S MOTHER.

One of the first concerns of the baby, if he knew enough to be concerned at all about his surroundings during the first period of his life, would be to recover his mother at the earliest possible moment. It is a strange provision that during the tenderest and most delicate month of all his tender and delicate years, he must be entrusted to the ungentle hands of the hired nurse. Later he will protest if any one but his mother attempts to give him his daily bath; but for the first four weeks, when bathing is really a critical operation, he has to take his chances of escaping from the perilous ministrations of a stranger. We are not forgetting the interests of the baby, then, if we consider some of the conditions that affect the speedy recovery of the baby's mother.

The process of giving birth to a child is a perfectly natural one, and, if there are no complications, the mother should proceed rapidly and without interruption toward recovery. What she mainly suffers from is extreme exhaustion, and especially exhaustion of the nervous system; but it is well known that all mental and nervous disorders have their chief remedy in food and rest. The two great features, therefore, of her proper treatment, which overshadow in importance everything else, are nutritious food and absolute quiet. It fol-

lows that in a normal case the physician's share in her cure is of minor consequence, and that the chief credit or the chief blame for the conduct of the case will belong to the nurse and her assistants. Their position is one of more than ordinary responsibility. Upon them it depends whether the baby shall be given, in a few weeks, a strong and healthy mother, or whether he shall be handed over to the care of a weary invalid.

The question of the first importance is the question of the mother's food. No sacrifice should be spared to make it the best that can possibly be obtained—nutritious and easily digested, and suited to her taste. Its main constituents will usually be milk and eggs and the more delicate kinds of meat; the particular selection to be made out of this general list of things allowed should be in great part determined by the patient herself. No two systems have suffered the same amount of exhaustion, and it is absurd to lay down absolutely rigid rules for diet. One woman may be nauseated by the gruel and weak tea that ancient usage ordains for the first few days, and another may find it impossible to take anything stronger than milk and eggs for weeks.

Many text books for nurses direct that each meal should be prepared without consulting the patient, and

brought before her as a surprise. The rule is an admirable one, provided the person who prepares the meal is acquainted with the tastes of the patient; if not, it may be productive of serious injury. What looks like a tempting bill of fare to the nurse may be composed altogether of viands which the sick woman could never eat when in health, and which are enough to completely destroy her delicate appetite when ill. Tastes differ, and what is excellent food for one may be more like a diet of sawdust for another. To most women milk-punch seems like a special gift of Providence; there are others to whom even milk is indigestible, and whose chief food will be found among the gruels.

Regular hours for meals are also good, but it must be a regularity carried out by intelligence and not by machinery. If the patient has had a sleepless night, nourishment must be given at a very early hour in the morning, even though it interfere with the regular breakfast. In general, loss of sleep must be compensated for as quickly as possible by milk.

It cannot be too much insisted upon that every meal is a question of vital importance. A person in health can stand now and then a breakfast of codfish or a supper of dried beef, and be all the better, perhaps, for the change and the comparative fasting, but no such experiments must be tried upon the invalid. Her wants are imperative, and they must not be trifled with. There are plenty of rare and curious compounds described in the cook-books for the sick; if there is any one in the house who has a tender feel-

ing for the new mother, let her show it now by studying up some dainty dish with which to give her a tempting and wholesome surprise. If there are kind neighbors, they can find no better moment to prove their kindness than the present. There is a strangeness about another family's art of cooking that lends it a peculiar charm. The glow of satisfaction that the sick woman feels at the sight of a sweetbread, delicately cooked, served in a dainty dish, and surmounted with a spray of honeysuckle, will do her more good physically than many a dose of medicine.

The selection of the nurse is a matter of great consequence. If possible let her be a graduate of a training-school. Her personal qualities—her conscientiousness, gentleness, and neatness—are of more consequence, however, than her knowledge. Make sure beforehand that she and her patient understand each other on questions of bathing, ventilation, heat, and light. However highly she may be recommended, it is certain that you will know very little about her until after you have tried her yourself. That dreadful woman whom Dickens describes under the name of the monthly nurse has become as mythical, let us hope, as Mrs. Harris herself; but there are, still, more kinds of nurses to be found in sick-rooms than inexperienced people dream of. We have personal knowledge of more than one who firmly believes that the sufferings of her charge are the work of the divine Providence, and that it is wicked to prevent them. There are wide divergences of opinion as to what con-

stitutes neatness. Most sick women feel a great repugnance to taking food without a napkin, and yet we have known a nurse who came highly recommended from the best of families, and who had to be asked by her patient for a napkin at every one of her first fifteen meals. At the end of that time the patient had been made so weak by inattention and bad food that she was thankful to get now and then an appetizing morsel, and she, too, had come to consider the search for a napkin a useless waste of time.

If possible one or two members of the family should be prepared to relieve the regular nurse. The patient should know that there is always some one at hand, not unoccupied and yet at leisure, ready at every moment to attend to her slightest wish.

The nurses should be attractively dressed as well as scrupulously neat. Beautiful garments are as soothing to the sick woman as flowers. There are some states of hypersensibility when the sight of a soft white dress is enough to suffuse the whole being with delight. We knew a woman who attributed her rapid recovery to the fact that her nurse was a very beautiful woman with soft white hair and a delicate color in her cheeks.

Nurses must be frequently in the open air, in order that they may keep fresh and gay and in good spirits. There is something very mysterious about the effect upon a sick person of the "spirits" of the persons who surround them.

The main function of the nurse, however, is to secure for the patient perfect rest and quiet. Her nervous

system has received a tremendous shock, and it is only by the slow cure of rest that it can be brought back to its former condition. A sick-room in which something is always going on, where people are constantly coming and going, where there is always some question to be asked and some plan to be discussed, is a room which the prisoner will be very slow in leaving. "Only once," I have heard the mother of seven children say, "did I recover both speedily and surely. That time I was confined in the house of my physician, and she kept me from the beginning in absolute quiet. All my wants were attended to without a care or an anxiety on my part—I had no occasion to raise my hand or utter a single word. My whole imprisonment I look back upon as a season of perfect rest and peace in the midst of a busy life, rather than as a season of sickness." Most people are aware that loud noises are not just the thing for the sick-room, but few understand how great the benefit to be derived from that absolute stillness and serenity which only skilful and loving hands can secure. There may be doubts as to whether the "rest cure" is the best thing for every form of nervous disease, but there is no doubt that it is of extraordinary efficacy in the one we are considering here. If its supreme importance had been more widely known many a woman might have been strong and well who is now a life-long sufferer from shattered nerves.

After taking food it is particularly necessary that the patient should be absolutely undisturbed. Usually, if

she is left to herself, she feels perfectly quiet—almost comatose—after eating. The vital activity is, so to say, concentrated in the stomach, and all the rest of the frame is in a state of nearly suspended animation. If at this time any mental activity is forcibly brought about, digestion may be almost wholly interrupted. But the necessary condition that the sick woman shall have strength to tide her over to the next meal is that the last one shall have been happily digested. Her wavering forces ebb and flow in perfect synchronism with her power to assimilate her food. Every time that her digestion-nap is interfered with she is robbed of so much of the strength that should have been stored up to make her whole.

It is not enough that the sick woman should be kept free from outward sources of disturbance; half the secret of her cure lies in the proper treatment of her mind. All possible pains must be taken to guard her against anxiety or irritation. The kind of treatment to be adopted may depend upon the character of the patient. If she is a weak and foolish woman the regimen should, perhaps, be strict. If she is a sensible woman, who has had a scientific education, and who comes from a family which has a long-established habit of paying attention to the requirements of health, it is absurd to treat her as if she, too, had suddenly become a baby. As weak as a baby she is, both physically and in power to withstand unreasonableness and brutality in her attendants; but she has not lost the power of feeling her own sensations, and she is herself the best

judge of when she is too cold and when she is too hot. For a strong, full-blooded woman, who has been accustomed to wide-open windows and a full morning light, the sudden and totally unexpected incarceration in a dark and airless chamber—which there are still nurses so ignorant as to enforce—is almost enough in itself to bring on temporary insanity.

The patient has herself a delicate touchstone for knowing what visitors it is best for her to see. She tries all her friends and relatives by a totally new standard—do they know the first elements of right conduct in a sick-room? If they do, she is glad to see them, and their presence, for a short time, may bring her fresh strength and courage; if not, she is unwilling that they should darken her door a second time. It may be an old woman whom she has often made fun of on account of her ridiculous nose and bonnet. If she has the art of coming in quietly, sitting near, speaking low, smoothing the pillows deftly, arranging the cover the way all invalids like it, and perhaps telling an amusing story, but one very easy to understand, then her presence will be a benediction, and will be looked forward to the next day with joy. It may be a brother with whom she has many intellectual sympathies. If he comes in in creaking shoes, sits on the edge of the bed, talks in a loud tone to the other people in the room, describes a frightful accident that has just happened to one of the neighbors, she will suffer the imputation of being swayed by unaccountable whims and caprices rather than admit him again to her room. It

is not that she does not remember his many amiable qualities, but her whole soul is concentrated in securing for herself those surroundings which she knows will minister to her recovery. Not only is there a sense that it is a life-and-death struggle, which is present in all severe sicknesses, but she has a tremendous desire to get well and strong as soon as she possibly can, in

order to take into her own hands the care of the helpless bundle at her side. Sick people are often considered selfish by their friends when they are really actuated by a higher form of unselfishness—a desire to escape from the useless life of the sick-bed, and to recover sufficient strength to spend themselves again in the service of their families.

G. M.



THE VALUE OF TACT IN MANAGING CHILDREN.

Children are lovers of approbation, and they like to enjoy the good feeling generated by self-control. The boy of six who was presented with a velocipede, and was told that he was to be "put on limits"—just so far each way from the gate could he ride—found increased enjoyment in seeing how closely he could keep within those limits. A little girl of three was told by her papa to step into the dark dining-room to see if a window had been left open, and for the first time in her life she exhibited fear of "the dark"—that unexplored region, peopled by who knows what indefinite and shadowy forms. The father insisted upon her going, standing by the door so that she should not be terrified. There was a look of triumph on her face as she came back, and she said: "Do you want any more dark errands done,

papa?" She was tested the next night by being sent to her mother's room for a brush-broom, and went willingly and returned successful and placid.

There doubtless are parents who would be surprised if some one should tell them that children like to be self-reliant, to be controlled, and to control themselves, but after thought, and possibly after observations made with this thought in mind, they would see its truth. How early a sturdy baby rejects the helping hand and discards the once sought support of chairs, and goes his unaided and perilous way from one end of the room to the other with abounding glee!

A little woman of seven, who had heard a conversation between two learned men on the subject of mind and matter, was required by her grandmother to swallow some Epsom

salts. She took the cup which held the bitter and loathsome dose, whispered to herself, "Mind over matter," and drank it down. If it had been possible for any one to have looked into her heart, the emotions raised there in that supreme moment would have recalled Socrates and the hemlock. She had conquered herself; a power within, which she could evoke, had overcome her reluctant and war-ring hands and throat.

It is sometimes a kindness to a child to appear to fall in with or humor his fancy. An experiment made by an investigating mother revealed the fact that her boy of three, who was recovering from an illness which had disordered his digestion, felt no bad effects after eating, when she entered into his fancy that his eating was really the stocking of a cellar for a large family. "There goes a pan of milk," as he took up his spoon; "Here goes a loaf of bread," etc. It was a confirmation, however slight, that there is no aid to digestion like a cheerful mind.

A boy of five had pasted bits of numbered papers on the doors in the dining-room, and was told to "take those tickets down." "I'm glad you called them tickets," he said, as he sadly went about his work, evidently consoled by that one happy word.

The mother who acknowledges her debt, and who intends to pay it, will find that the safest and surest way is to pay it herself, and not to attempt to do so by means of an ignorant and careless nurse-girl. Even a busy mother will find that great gains are

made by this method. If she is too much occupied to wash the marauding hands as often as is needed, with few directions and slight oversight the man of three can be taught to wash his own hands. More than this, he may be taught to bathe himself with a very little help from his mother.

If there is no nurse-girl, who is hired too often to "pacify" the children, and who knows that if they cry she will be blamed, they are obliged to develop resources.

I believe the day will come, thanks to BABYHOOD, when mothers will be as anxious as was the old man in the Great Smoky Mountains to hear what the friendly baby "had ter say"; when they will count time lost that is spent away from him, and when they will hire housework and sewing, and delegate all other duties to others, but this one will be their own.

Children who have the companionship of the mother in this large degree will not only become physically self-reliant, but intellectually so. The effect upon character cannot be estimated; the clear, straightforward method of the self-reliant man counts everywhere, and decides that he shall lead and not be led; and who can doubt that the choice forever possible, in each day of life, between good and evil, will be made with greater independence and wisdom if from infancy he has been in the habit of listening to his thoughts, of depending upon himself in a large sense, of being, in fact, at one with himself?

M. D. S.

THE EARLY PHYSICAL TRAINING OF INFANTS.

Over the solution of the numberless perplexing problems arising in the care and training of infants, the mother and the careful and conservative family physician are frequently found in solemn council. To such council the mother brings the wisdom gained by her constant opportunity for observation, wisdom superior oftentimes to that of the physician, who deals mainly with abnormal conditions, and cannot watch children consecutively except, perhaps, occasionally in his own home. Yet the physician has the advantage of his trained mind and quick eye, and of his more complete knowledge of the functions and anatomy of infancy.

Some of this knowledge, and especially that which concerns the mental development of the child, can be safely entrusted to the intelligent mothers who read this magazine. Professor Preyer, of Jena, says: "The first movements of the new-born infant are either purely reflex, like its crying, or impulsive, and due to the unloading in an objectless manner of its inherited provision of motor impulses." This corresponds to the statement in Professor Fiske's *Destiny of Man*, that the young of animals in their movement manifest, not instinct, but the unwinding of impressions received before birth and the result of generations of hereditary influences. They bark, whine, and display other wonderfully natural activities simply because their ancestry have constantly done the same. So it is with the comparatively

feeble actions of the human infant up to about the third month, when "we get first indications of an awakened will in the holding erect of the head," and an individuality far above that of the animals begins.

In these early months all use of the senses is very imperfect. In general, taste and smell appear to make the first clear impressions. The new-born can distinguish between bitter and sweet. Among the first items of sensation seems to us to be that of touch, the sense of the mother's touch, her hands or her breast. Few mothers know that all children are born deaf, and remain so for a period varying according to their strength, from six hours to several days. The first evidence of the recognition of sound is by a start at sudden noise. It goes without saying, therefore, that the nursery should be as quiet a place as possible, in order that this first impression upon the delicate ear-drum may not be a too violent one. Let the mother remember, in managing the surroundings of her infant, that no organ of sense contributes as much toward mental development as the ear, and let her not make the common mistake of encouraging the faculty of vision too rapidly. Vision at first extends no farther than the perception of light, and does not definitely include objects until the sixth week (the average time), when the eyes will follow a light in slow motion; or, later, when the lids will close upon the quick approach of an object. All these early evidences of sensorial life

need no outside encouragement whatever. It is wrong to confuse the little brains with tests of vision or exposure to very strong light. Let these early impressions be entirely according to circumstances. When Baby lies crowing upon his back in the crib, do not distract him by showing him something bright, at least not until his restlessness demands more amusement. Not until the sixth month is there much comprehension of size, distance or color; therefore, the simpler the objects presented, as a strip of bright-colored cloth, a building block, or plain rattle, the more the baby will acquire by his observation of them, and the less fatigue will follow.

Baby's playthings should never be elaborate or complex. Who has not seen an infant that cannot creep set upon the floor with an array of little things about it sufficient to puzzle an adult, and left to its own devices? The utter inability to mentally grasp them all will often cause it to fall asleep from sheer exhaustion or begin to cry. When such a child throws away one thing after another and refuses to be comforted, it needs either a nap, because of mental fatigue, or to be lifted up, made comfortable, and set down again in another position, because of muscular fatigue.

A severe let-alone policy should be applied to all infants for the first year, and even until they are two years old. It is always a great physiological wrong in these first years to frequently encourage a baby to laugh or play, even moderately, for his brain is not yet mature enough to withstand such shocks. The habit that fond fathers

often have of catching up the baby, perhaps, during the only half-hour they see him in twenty-four, and tossing him until he laughs again and again, is very reprehensible, and will explain the peevishness noticed by the mother hours afterward, or it may be the next day. The reason for this is made plain, if the mother knows that the blood-vessels supplying the brain are proportionately larger in the infant than in the adult, and that, therefore, disturbances of the circulation, as tossing, laughing, etc., are sooner felt there. Moreover, the brain itself is yet imperfectly developed and less prepared to sustain such shocks. Convulsions and brain diseases have resulted from such indiscretions.

Caution in avoiding any excitement of infants is essential, even when the involuntary processes of digestion, teething, etc., are perfectly natural. Fortunately, when these functions of purely animal life are entirely natural, the child will overcome many of the mistaken attempts of its elders to amuse it. Mothers should always remember that an infant developing according to Nature's intentions is, and should be, a somewhat slow and apparently stupid animal. It is then the mother's office to stand between her offspring and unconsciously meddling friends. It never pays to "show off" the baby to any one. The precocious infants who are always ready to smile, laugh, or exhibit their "cute tricks" upon demand, are especially liable to brain troubles, and more so if any inherited and slumbering weakness be there. If they reach later childhood, such children speedily lose

their brightness and become very mediocre men and women. Remember that puppies and kittens are very bright and interesting when young, but are only dogs and cats a year later, while your little baby, gazing timidly out into a new world, has within it all the possibilities of the best that men or women attain. The length of human infancy is the factor that distinguishes us from lower animals. Hence this repeated caution not to allow our babies to be hurried through this period, and given a forced and therefore feeble, inconstant development.

Mothers who employ nurses should be able to recognize any evidences of over-excitement in the children due to the carelessness of their attendants when taking the daily airing. In the parks or shady streets of any large city, or at the pleasure grounds of summer watering places, it is no uncommon sight to see nurses scolding, teasing, or utterly neglecting their infant charges. The poor babies are either baked in the sun or left to cry and fret without change of position, or allowed to be caressed and handled by strangers, or are subjected to no one knows what other ignorant or wilful mistakes, and all without any ability for redress or complaint by the helpless objects of abuse. Every mother thus depending upon a nurse should sharpen her wits by learning to recognize evidences of such abuse.

Reddened eyeballs, hot head, and general crossness indicate too much sunshine or long crying. If this is followed by nervous twitchings, vomiting, continued fever, etc., later in the

day, be sure that more than usual damage has been done to the growing brain, and summon a physician.

Until infants gain the power of articulate speech, and, to some extent, for months afterward, the only expression of their emotions is by means of crying. Anger, pain, disappointment, fear, all find vent in vigorous crying, in which, as every mother knows, there is great volume of sound, many tears (after the age of three months), and extensive facial distortion. Darwin, in *Expression of Emotion in Men and Animals*, describes it thus: "The eyes are tightly shut, the mouth wide open, and the naso-labial fold (that muscular line between the lips and the nose) is intensified, while respiration becomes violent and spasmodic." The mother knows how soon these violent storms sweep over the infantile horizon, only leaving traces upon the cheeks and sighing breathing for a few moments—provided they are from emotional causes. Physical suffering develops a different cry, and one generally long continued. A study of these outbursts, and tact in discriminating between them and applying the proper remedy, constitute very important elements in the skill of both mothers and physicians.

The mother should know that in inflammation of the air passages or lungs the child will endeavor to suppress its crying as much as possible, because it hurts. In abdominal complaints, as colic, cholera infantum, etc., the cry is prolonged into a wail or whine as long as the strength holds out. Again, in brain inflammations, the cry is shrill, penetrating, and, of

course, betokens serious trouble. The careful mother need not be told that delays are dangerous when any of these extreme expressions of distress are manifested. Let your medical adviser be summoned at once.

In the first two years the beginnings of speech should be made, and the

mother will find most agreeable occupation in watching the mental unfolding which this faculty involves. Do not try to teach the baby to say too much. Let him teach himself from what he sees and hears. This is as important with speech as with the development of any of the senses.



OUTDOOR PASTIMES.

Spring Lessons.

Spring, to most of us, seems much more the beginning of a new year than the first of January. It is particularly so to children. The renewal of free, outdoor life rouses all their senses, and they enter into the outdoor enjoyments with intense delight. I have seen little children fondling a blade of grass or a dandelion in the early spring with much more pleasure than the rarest flower could give them in the summer, when time had made flowers common. While they are in this eager, receptive state, let us not pass it by unheeded and merely give our attention to their summer clothes. Of course, I admit that some time is necessary for the clothes, but the fewer and simpler they are, consistent with health and comfort, the happier will be the wearer.

Birds' Nests.

Sometimes—even when we are cutting and snipping at seams and

threads—we may also help our children to a delightful spring pleasure. Every child enjoys seeing the birds collect little sticks and threads for their nests in the spring. Tell him you have found a way in which he can help the birds. Let him collect your scraps and threads and strew them under the garden trees; or, if he has no garden, in any place frequented by birds. Let him save the ends of his hair, when it is cut, and give that also to the birds. I know some children who have made a business of doing so for years, and have often found nests in their garden beautifully lined with it. A friend of mine once strewed the white hairs shed from her horse's tail in a grove frequented by birds, and was rewarded in the autumn by finding a nest made entirely of them, delicate and lovely as spun glass. What a pleasure for the children in the autumn, when the birds' nests become their lawful prey, to find the shreds they have

strewed put to such a charming use! If there is a horsechestnut-tree near the house, let the children also watch the humming-birds that will surely come to collect what we used to call "humming-bird glue" from its sticky buds, to fasten the lichens which cover their tiny nests.

The boy who watches and helps the birds will think twice before he does such a brutal thing as to aim a pebble-sling at them and so end their happy work. When the boy becomes a fellow-worker with the bird, he ceases to be the bird's enemy.

A Dinner-Party.

The birds will help us to another amusement. In the spring, when food is scarce and birds are increasing, tie a meat-bone to some convenient branch of a tree, out of the reach of cats and in full sight from the children's window; a marrow-bone is best, for we can put the string through the hole; then let the children watch for the guests who will assemble round this airy dinner-table. They will come—none will need a second invitation—and the feast will be lively enough to give the little watchers good entertainment. Even on a rainy day the children can have this kind of a treat. Call it a dinner-party for their friends.

These are some of the ways in which we can economize our own time and keep our children occupied and happy. We shall also save ourselves from spoiling our dispositions and theirs by constantly saying, "Don't do this" and "Don't do that," as they wander listlessly in search of something to do, while we are busy with the many

duties that the approaching warm weather necessitates.

Playing Geography.

I had the good fortune to learn my first geography from walks in spring. When I grew old enough to go to school, and the other girls were agonizing over the definition of isthmus and strait, and never could tell one from the other, they were as plain to me as the faces of my playmates, from the memory of those same spring walks.

As my mother and I used to go out for a daily walk in the early spring days, the rushing gutters, of course, were my delight, as they are the delight of many another child, and my little chip boats would sail on them merrily, while mother helped me to name the places where they touched to deliver cargo, as we said. The capes, peninsulas, bays, islands, rapids, and falls, where most terrible shipwrecks occurred, were all impressed on my memory from the interest of the play. The security of the quiet harbor, with its sheltering sand-spits, where my vessel could ride at anchor, safe from the storms that agitated my mimic sea, was much more clearly impressed on my mind than it ever could be in after years by the description in my old Mitchell's Geography. Often, in driving or walking along country roads, there is a chance for just such teaching, where the little streams run in and out among the meadow land or salt marshes. Children love to know the names of the things that they see, and I have always found that the hard names, such as peninsula and isthmus, were particularly taking with

them. Don't give them elaborate descriptions, or expect such from them; make it a play and not a task. We don't want to turn our work into drudgery, but to make it more interesting by teaching the children how to see.

Modelling and Drawing.

After coming home, if the children have enjoyed the geography play and want an occupation for the next hot or rainy day when they cannot walk, let them model out a little landscape in a box of sand. They can make hills and valleys, groves of small twigs, and tiny fences or stone walls. For water, such as a lake or the sea, they can use pieces of glazed paper, and on the shores there are endless possibilities for high, rocky promontories,

bays, capes, isthmuses, and islands of sand and pebbles. With such a manageable material as sand there is no end to the variety. Our play can go on from day to day, till the children have quite a charming country of their own creation—a regular Lilliput-land for their dolls; and with the play they are getting the true idea of geography, and learning for fun when they are little children what by-and-by might be toilsome.

Some children may prefer to make their landscape of moulding clay instead of sand, and still others, who naturally incline to pencil and paper, may like to draw a little map of their walk. All these are excellent, and all help to increase the pleasure and profit.

R. S.

THE BABY IN ITS CARRIAGE.

The physician is frequently questioned by mothers as to the baby's taking the air, and in giving the desired advice he touches a question of signal importance. The recognition of the general hygiene of children at the present day prescribes pure air and plenty of it; but, like all other prescriptions, this one is to be applied circumspectly. The baby-carriage is a convenient medium of introduction to the air, and it is to be brought into requisition as early as possible. In winter the babe ought not to be taken out before the fifteenth day, but in warm weather, if the child is strong and well, this rule need not be adhered to. But after the first outing the promenade should take place every day for several hours. At three months a

child, weak or strong, should remain out-of-doors for a good part of the day, even in winter, autumn, and spring. The air and the sun are just as necessary as good nourishment, and even in the worst days the mother can often find a favorable hour, and make it available, shortening the ride to conform to the weather.

In the winter months it is important to surround the little one with bottles of warm water—one at its feet and one at each side. The coverlets should never be very light, and, on the other hand, should not be too heavy. The parasol must be arranged to protect the child's eyes from the too bright light, an omission of which precaution favors the development of ophthalmia. There is never any occasion to fear

that the sleep will be disturbed whilst promenading, for children never sleep more soundly than then, or ever enjoy a more refreshing sleep. While so sleeping the child should lie upon the side—sometimes on one, and sometimes upon the other, in order to avoid bad habits.

It is important not to permit the child to go out for several hours after a bath has been taken, and it is equally important that the outing should be taken immediately after nursing, although it is by no means necessary to put the child into its carriage while asleep. It is also well, when the child is asleep on its return to the house, that it should be allowed to remain in the carriage until its nap is completed instead of transferring it to its cradle.

The French writers lay a good deal of stress on the manner of wheeling the carriage, and this is indeed a very important consideration to be attended to. If there is a rule in this regard it is the old law of Sir Thomas Ellerslie: "Remember that a child is a tender thing, and treat it as such." Avoid rude joltings, and always have in mind that the best carriage is none too good for your child. The carriage with adjustable springs adjusted to the weight is now generally regarded as the most perfect one, and from its use physical derangement cannot possibly ensue. The day is long past when a baby

could ride in a soap-box mounted on wheels sawed off a pine log, and the occurrence of spinal injury is too frequent not to form an incentive to scrupulous care.

But of more consequence than the carriage is the choice of the person propelling it. Our advice, often given, is that, if perfectly practicable, the most proper person to propel a carriage is the mother of the child. Why not? No nurse can be more careful than the mother, and the child will not stand the chance of being left unattended on a crowded sidewalk or in the broiling sun. Moreover, our young mothers need the air quite as much as their infants do, and needing it and the consequent exercise, where can they better obtain these desiderata than by wheeling the baby? It is not in the least unladylike, and is at the best truly woman-like. With the mother pushing the baby-carriage, and the baby properly carried in a proper carriage, a stronger percentage of health will accrue to both mother and child than is gained in any other way.

In conclusion, do not make modification of these rules as discriminating between the feeble and healthy child. The strong child will keep and husband its strength, and the weak child cannot find better means for obtaining strength than by judicious outings in the baby-carriage.



THE CHILD IN NATURE STUDY.

I.

For you and for me there has been a time, that will never come again, when the world was new. Melody and sunshine and color, the song of a bird, tangled vines, blooming roses, the fragrance of wild blossoms, all beckoned us into the happy world with joyous hands. How long were months and years to eager anticipation! To childish joy or grief, happiness would last forever or sorrow would never pass. Intense and persistent, or with that patience for disappointments which in a child is almost sad, young eyes look out upon the wide world, the unformed minds ready for impressions.

If not too timid, the child becomes a sort of walking interrogation with his "What is this?" and "Why is that?"—turning the light of innocence and simplicity upon questions which mature judgment cannot solve or seeks to involve in phrases high-sounding but unintelligible. The parent, if he would preserve his own self-respect and the confidence of his child, must take that child's trusting hand, and, confessing ignorance of much, wander, a child too, in the paths of observation and clear thinking, with what added understanding a trained mind and educated judgment can give.

The child is natural. How soon he begins to develop the unnatural depends upon circumstances. If repressed for questions, if laughed at for not knowing this fact, for not understanding that reason, he begins to withdraw within himself, to repress

his impulses, to find out what he can by himself or to relinquish pursuit altogether.

Then later, perhaps, when relations in life have been established, when experience and sad mistakes have given knowledge of the world and men, the individual may lay aside the artificial, the assumption of knowledge, the desire to seem rather than to be, and again comes to the natural standard, this time acquired. He has learned to be frank, unassuming, ready to accord superiority to others in their special lines, and willing to be led by the Great Mind, in comparison with which all human theories and knowledge and assumption sink into insignificance and absurdity.

How strange that the so-called natural methods" must be acquired! We so copy others, so easily take on mannerisms, that these must be laid aside when we come to study certain branches. The vocalist, untrained, tightens his throat or acquires some tremulous or guttural quality, some absurd mannerism far from true art or nature. But now teachers in every line are seeking the "natural method," to teach easy manner and voice to the speaker, floating, true tones to the singer, natural expression to organist, pianist, violinist, and the saying is trite that true art is the closest copy of nature.

If I were asked how to interest a child in nature study, I should reply, be interested in it yourself; have some pleasant phase of nature to observe,

to talk about, to be even enthusiastic over, and children will absorb even when they may not appear to listen.

There is a keynote struck in every family. Parents may not be conscious of it, but ideals in character and interests, be they lofty or not, strike the key to which the family life is tuned. Children may, and often do, grow out of harmony with it, but in earlier years, and perhaps always, the home influence, sincere and true or pretentious and self-deceptive, is stronger than any other, whether school or church.

In at least three fields the mother has a right to original thought and investigation: the study of a child; of the great book of nature; of that other book so clearly akin and open to the wisest and to the simplest—the Word of God. Timidity, while infinitely better than assumption, should not deter her from thinking her own thoughts, from refusing to be disturbed by the often changing theories and interpretations of scientists and commentators. Though falling into errors, she must still form a scheme of life for herself and her children, for her own and their pleasure and profit.

Beyond doors and walls and the pages of a book, however brightly illustrated, there lies a world so sweet that one sometimes wonders how we can be content to spend so much of our lives away from it. Perhaps it is because we are so tired with daily duties that our weary feet will not carry us afield; perhaps because nature love is only a pleasant memory of childhood days, or because we have

not yet learned that it is always our privilege to study in that most delightful of all ways the phase we like best, unconfined to the methods and lines laid down by the writers of books. In embroidery, fancy work, brush and paint, charming books, pretty beds of cultivated flowers, women seek recreation. All should have some outdoor life, that neither mother nor child may be a house plant. A little walk into garden, park, or along the edge of town reveals, to eyes that are open, all sorts of entertaining events taking place in nature just as surely whether we see them or not.

How shall we begin the study of nature? "What books do you use?" I have been asked. Now, this is the very point of the matter. Of course, it will not do to cut loose entirely from books. There are times when the book is the shortest path to knowledge. Let us have as many of the attractive and helpful books as we can, and read them—when we feel like it. But the very essence and delight of nature study lies in finding out things for yourself, in learning to love the forms of nature personally and for their own sake. A little thing sometimes awakens an interest that leads one on and out into a new and beautiful world of new knowledge and new friends by the wayside. To be interested in the details of some one phase of nature adds pleasure to sight-seeing wherever one goes.

Few deliberately enter upon such study as a "fad" or an "intellectual pursuit." Some accidental observation starts it all. In my own case, it was the new song of a bird that I

heard for days but could not see singing. The song was a musical phrase, rapidly given, that I tried to catch and reproduce on the piano, finally succeeding, to my own partial satisfaction at least. I thought it an oriole song, but had not at that time learned the oriole voice, independent of its particular song. For several seasons orioles sang all about us, but never once this song, until one summer, as I was passing along the street, my song came from the branches above my head. Peering up among the leaves, I was rewarded with the sight of the singer, Sir Oriole. Meanwhile, from the song of birds I had come to be interested in everything about them, led on by strong fascination.

There are so many pleasant and profitable lines that to make a selection, without some natural or circumstantial predilection for any one, would be hard indeed. Said my little girl, "Mamma, when we get through studying birds and flowers and trees, let's study dolls!"

Moths and butterflies offer a field at once beautiful and instructive. We once found a large cocoon in the yard and brought it in to await developments. The occupant proved to be a large moth, which emerged slowly and with sticky wings to the light of day. Gradually unfolding, it showed a lovely silver gray, with a pink cord edging the outline of one curve and turning inward to end in a sort of rosebud on the wing. We did not destroy it to

form the nucleus of a collection, but set it free to live its short life. Such an event to children is full of interest and mystery, and to us serves as an illustration of resurrection and spiritual change.

The child sees it all in an intimate, personal way. He is a part of Nature. Her voice calls to him from the treetop in the song of the bird, from flowing waters, and from the fields of fresh wild blossoms which he brings with delight to his mother for appreciation and approval. What if she is indifferent, or, still worse, annoyed?

In the tall clover and sweet fragrance of summer the child lies to watch the clouds above him, his heart full of wonderings and imaginings, and the sweet exhilaration that Nature best knows how to give. The rainbow of promise after Nature's darker mood has passed; the overflowing stream and puddles that call the little bare feet to fun and frolic; the fairy-like crystals and snowy white of the winter storm, are all a part of child lore and pleasure. The babe turns instinctively to the child next older. The child turns with love to the lower animals, the pet dog, the cat, and fluffy little kittens. We must not banish all the pets, since the children love them so. Everything, to the child, resolves itself into the relation of parent and offspring. It is the "Mamma cow and her baby," the "Mamma sheep and her lamb."



NURSERY HELPS AND NOVELTIES.

Safe Enclosures for Wee Toddlers.

BABYHOOD has been so much a household word that before my little son was eighteen months old, I used to send him to the bookcase for "Mamma's BABYHOOD," and he would bring it correctly. I have delayed sending you the thanks which I owe you, because I am nursemaid, housemaid, "chief cook and bottle-washer," or at least dish-washer, and in addition to this I am supposed to be a lady of leisure who must receive and pay calls as well as visit the poor and sick. In a word, I am a missionary's wife.

A letter in a back number signed "Tired" leads me to describe a plan of mine. I had just the writer's experience with "Number One," and I think that the trouble is here: "One after another of the objects not destructible in the room is yielded for diversion." So did I with "Number One." "Number Two" is served differently. He is put into a carpeted room, hardly larger than a good-sized pantry. In this room there is no furniture, but there is a large window which lets in the sunshine, and the room is heated by the kitchen stove. I have a board about two feet high fastened into the doorway to prevent Master George from creeping into my kitchen. I can see him, he can see me, yet in no way do we interfere with

each other. He has his playthings on the floor and some bright "Mother Goose" pictures on the wall. He plays with one thing after another, and does not ask for attention. Sometimes he stands in the doorway, and "talks" to me or watches me while I go about my work. I nurse him regularly and put him to bed regularly, and all goes merry as a marriage bell.

If I am unusually busy or especially tired, instead of taking him out in his carriage I put him into a big packing box in which are several rugs, afghans, etc., and leave him in the sunshine. If I have time, but am tired, I wrap up well and sit beside him. Thus we both get sun, air, and rest. I prefer the box to his carriage, because he can move about, and is contented for a longer time in it.

I found that I could not teach Grosvenor to amuse himself by providing the means for his amusement, so I determined to teach George to find the means. "Not carelessness in regard to necessary things, but an absence of care-taking where care is not needed" has been my motto, and perfect happiness has been the result. George is just eleven months old, has six teeth, and four more nearly through, and begins to walk alone.

Washington.

B. H.



TEACHING A CHILD RESPONSIBILITY.

We have all heard of the man who learned to carry an animal by lifting it every day from the day of its birth, but we do not realize the wonderful lesson, in the parable, applicable to our own little ones. How many of us have been asked, nay, ordered, to lift the full burden of life at twenty or thirty, when not a fraction of its weight had been allowed to fall on our childish shoulders! Let a girl grow up without a care and ignorant of all responsibility, and you may well pity her when she enters the arena of life either to earn her living or to give her life to her children and home! Suddenly not one but many and awful responsibilities are thrust upon her. Who is to blame that she cannot, dare not face them? We all know of husbands who long for home-comforts, but who are "cabined, cribbed, confined" in boarding-houses because their wives cannot cope with the cares incidental to house-keeping. I ask again, Who is to blame in this matter? Surely it is the mother who has let her daughter grow up without real preparation for life and its responsibilities; who has "shielded" her daughter, making her thereby weak and nerveless instead of developing her into the strong, capable woman God intended. It is not that girls are not taught how to make cake and preserves, or *even* how to bake bread and sweep a room; but they are not trained as responsible beings. They are regarded as the ornaments of the home, not as partners and workers in it.

But there are little women constantly

filling the rear as their sisters step to the front. How can we improve matters for them?

The moment a baby begins to "feel its feet" the mother looks forward with pride and pleasure to its walking alone. Later on, as Baby toddles about, the mother lets it experience many a fall, knowing it can only learn to walk by trying again and again. But a year or two later Baby, seeing that mamma folds her cloak and lays it away, putting her hat in a certain box, imitates these actions as nearly as possible. How does the mother act then? Is she quick to encourage the child's first efforts toward orderliness and method? It is the exception if she is. The very mother who is over-anxious to set her child on her feet will carry that child over the road of life, taking, if possible, all responsibility on her own over-taxed shoulders.

A baby of three years can be taught to help put her "things" away, and there should be certain toys which he or she is expected to put up, no one else being allowed to do the duty. A hook should be placed within reach of the baby-arm, and there can be hung the little hat and sack. At five years old a little girl can be trained to take certain duties upon her shoulders to relieve mamma. Here are some of such simple duties. But remember that only one should be undertaken at first; then, when that is fully mastered, another can be added.

Taking care of the bath-room, dusting it, rinsing the basin well, and hanging towels and wash-cloths in

their places, are duties that a certain child performs faithfully day after day. It is true that for some time mamma had to stand by and see that every bit of wood-work was dusted; she had to show patiently again and again how the basin should be rinsed out and the marble dried, and then insist on the towels hanging "just so" upon the rack; but with firmness and tact a five-year-old will be really interested in doing this work. The bathroom was chosen because there was nothing in it that could be injured, and the black-walnut finishing showed the dust clearly. Another duty for a little girl of six is to pat the butter for the family. I grant you that the first three or four times it is wearisome work to the mother, but it is valuable training for the child. Two little wooden spatulas, with insides finely grooved, are used for the patting. A bit of butter is manipulated as in making the time-honored "patty-cake"—we "roll it and roll it," and the result is dropped into a bowl of salted water. Another easy duty is to collect the

silver after each meal, though I prefer work which can be done when the father and brothers are away. One motherly little maiden of six turns down the bed-coverings in the different bedrooms, reporting if match-box or soap-dish needs replenishing.

These are all very simple matters, but they are just what creeping is to walking. The same system should be used with boys, a number of little duties fitted for them quickly suggesting themselves. Though I advocate this system because of its influence on the child's future, both mother and child will reap an advantage in the present; for play will be far more delightful to a child who has certain duties, and there will be less whining and cries for "something to do." Only see to it that, having begun well, you go on. Let each child have certain responsibilities, according to its age, so that, taking a few now and a few again, they shall in later life walk with grace and dignity under a load which but for their early training would have overwhelmed them. A. N. T.



BABY'S WARDROBE.

The Care of Diapers.

BABYHOOD has often emphasized the point that diapers should never be used twice without washing, a position which every careful mother must approve. But this, to a mother with several children and no nurse girl, is

rather a hard requirement, and I have noticed in such instances that many a mother, otherwise fairly careful, goes contrary to it and uses the articles again and again, until the fact is only too evident to any one with a sensitive nose, and makes her baby anything but

attractive. I have always made a compromise, which I think may be worth suggesting to some of these busy mothers.

I keep a pail of clean water in the washroom, and all diapers that are simply wet go into the pail. Every night and morning they are just wrung out and hung up in the fresh air, if it is good weather, otherwise in the house. It is but five minutes' work, yet the clothes are thus kept for several days almost as nice as if thoroughly washed and ironed. At the end of the week they go into the wash, and there are no more of them than is necessary to keep the baby supplied for one day.

This method serves the purpose almost as well as washing and ironing, and is so little work that no mother who expects to take decent care of her baby need complain of it. H. R.

Night Wrapper and Worsted Shoes for Mother and Nurse.

In a recent number of *BABYHOOD* "A Happy Mother of Three Babies" suggested a convenient wrapper to be worn at night when up with a sick child.

I coincide with her ideas, but would like to describe a wrapper which I have used with great comfort. It has been admired as much for stylish appearance as utility.

It is made of blanketing in black and

red checks, with border (which comes down the front when cut); made with gored back and plain sack front. One half-blanket is sufficient for a wrapper. Having no lining, it launders well, is light in weight, and very warm. It is very easily made.

The prices for wrapper blankets are from \$3.00 upward, according to quality; and merchants sell half a blanket for a single wrapper. They can be bought in great variety of colors and shades. I prefer the serviceable plaids.

The mother who may try this must be warned not to scorn packing it with her summer outfit if she takes a journey. Even in summer weather watching a sick child at night necessitates risk of colds.

I find another ounce of prevention in the wearing of a high boot, crocheted very closely (ribbed style), and sewed to lamb's-wool soles. They are elastic, and slip on as readily as a stocking.

I will add that a warm wrapper is desirable, too, for nurse, that she may be well and happy.

Children should sleep in flannel both summer and winter. The gauze flannel in summer absorbs perspiration without becoming cold and clammy. It is cooler than cambric if made with draw-string for the neck, which can be loose if desired C. O.

Bay City, Mich.



TWIG AND TREE.

No argument is more constantly used in the discussion of the training of children than that some of the most disagreeable and disobedient youngsters have developed into the most satisfactory sort of men and women. Observation proves this to be a fact; yet another equally evident fact remains—that we do not, as a rule, gather grapes from thorns or figs from thistles. As we sow we generally reap, and the road from cause to effect is usually a straight one.

Thomas Henry may be, at twenty-one years of age, a highly courteous and considerate young man, but that pleasing possibility does not excuse his mother for allowing him to place his muddy three-year-old feet upon the cushion of a horse-car, or to finger alternately the candy in his paper bag and the ribbons of the lady who sits beside him. He may at twenty-one possess a charming reserve and dignity, but he is no less disagreeable to-day when interrupting every minute his distracted mother, who is vainly struggling to carry on a conversation with a caller. He may become a famous writer, a successful inventor, a brilliant musician, but it does not therefore appear plain why he should spill ink over his father's desk, stuff broken playthings into his mother's sewing-machine, or pound upon the piano, to the demoralization of everybody under the roof.

It is not necessary to consider the question of heredity, ante-natal influences, and the like, in this matter of

the training of children, though they demand in themselves the widest and wisest recognition. True, all children are not alike, and some are naturally better-behaved as well as more easily managed than others. There is also an enormous difference in the patience, wisdom, and ingenuity of parents. Still a third fact remains—that there are certain things which can be done, and ought to be done, under all circumstances, for the welfare of the child, the comfort of the family and the community.

The preceding generations which have made the child what he is are literally "circumstances over which we have no control." They belong as truly to the past as the child's manhood belongs to the future. In the present lies a vast area of continual *every-dayness*, in which the comfort of many persons is necessarily involved.

"A babe in the house" may be "a wellspring of pleasure." It is unfortunate that while it is sometimes "a thing of beauty," it cannot remain "a joy forever." If there is anything on earth more powerful to destroy peace, exasperate the nerves, and start the temper than this same "wellspring" grown into an unruly child of half-a-dozen years of age, it remains yet to be discovered.

"Some persons have money left them in their old age, therefore I will not try to earn any," would be as logical as to say, "I won't trouble myself about the training of my child, for John Smith's son was a nuisance to

the neighborhood, and he's now a model young man." Quite as illogical is it to ask: "What was the use of my being so strict with John Thomas? See how dreadfully he's turned out! Sister Sallie's boy was allowed to run wild, and now he's superintendent of the Sunday-school." It would be pretty hard to prove that if John Thomas had been allowed the same liberty of range he would have become

an ornament to society, or that Sallie's son would have "gone to the bad" if he had been conscientiously brought up. If a mother tries to do her best, she will have at least the satisfaction of feeling that, whatever may be the result, she is not responsible for failure, and can reasonably claim for herself some credit if her work is crowned with success.

W. O.

THE MOTHERS' PARLIAMENT.

Early Teaching of Geography. I would like to tell the BABYHOOD mothers how my little girl has learned geography. It has never been anything but an amusement to her, and now, at three-and-a-half, she knows all the continents and oceans, the poles, equator and tropics, the principal islands, all the States of the Union, the countries of Europe, and many of the more important rivers, mountains, etc.

I began, before she was three, telling her stories about the mountains I have climbed and the countries I have visited in the wandering life of a naval officer's wife. We made mountains and valleys, and traced the course of imaginary streams, in the bedclothes, built the continents with blocks, and sailed in paper boats with paper figures to represent Columbus, the king and queen of Spain, or the fierce Northmen coming down upon the Saxons across an ocean of carpet. The little dramas amused her, and she easily learned the long names.

When she was three her father bought her a small globe. She played

with it as a toy, twirling it around, but soon noticed the shapes of land and water, asked their names and the meaning of the lines. She took herself the step between globe and atlas when one day, while out visiting, she picked up an atlas, opened it, and exclaimed with delight: "There is Africa all by itself!" A few weeks later we gave her a dissected map of the United States, and she learned in less than a week to put it together, and has no toy of which she is fonder. She personifies the States, and calls Georgia and Alabama "Florida's little children." I tell her some little distinctive features about each State or country. The cities and smaller details will come as her mind is prepared for them; and instead of learning geography, as I did, at nine or ten years of age, as a dry school task, by the time she is five or six she will have a vivid panorama of the face of the globe clearly impressed on her mind.

I must add that, while precocious mentally, she is physically in perfect condition, large, strong, and rosy, able

to walk three miles, to ride a tricycle, and to take an amount of exercise that tires me.

I have taken BABYHOOD from the beginning, and have followed much of its wise counsel in her management, though I plead guilty to allowing her to learn her letters, and even to read a little. It is so hard not to teach a healthy, bright child, who takes to books as a natural element, and is never nervous or excitable; but we have never exhibited her accomplishments, or let her be kept up late or excited in any way.—*B.*

**The Need of
Educated
Mothers.**

There seems to be a somewhat prevalent opinion that a college education fits a woman for almost any position she may wish to occupy but that of wife and mother. She may with propriety be a teacher, or perhaps a physician; but if she use the same qualities that so well adapt her to be the guardian of the minds and health of the children of others in rearing her own children, her education is deemed as lost or worthless.

The same opinion also exists in regard to girls who, although not college-bred, have received the advantages of a so-called liberal education. Public opinion finds expression in such phrases as "How much better off is she than such-an-one who never had any education?" "She'd better have done something with her education before she settled down."

The place above all others where an educated woman is needed is the home, especially the home of those in moderate circumstances, where the mother, with a little outside help, does her

own work and tends her own babies. The influence of an educated Christian woman in such a home can hardly be estimated. It may look to others as if her time had been wasted and her education were useless, but she herself feels the advantage. It is probable she did not have a special training for her duties, but her habits of study, her interest in the advancement of the race, and her desire to do whatever she does in the best possible way, lead her to select the best methods of caring for her children.

We claim that a girl with a college or a liberal education does have a special training for motherhood. Not in the sense, of course, that she has experimental knowledge of baby-tending. That is the lot of comparatively few. Her course of study has given, or should have given, her a comprehensive knowledge of physiology, including the development of the teeth, and what it teaches in regard to food for different ages; a practical knowledge of hygiene, including food, baths, dress, ventilation, exercise, and a few general rules in regard to care for the sick; a knowledge of chemistry, including the chemistry of food; a knowledge of psychology, giving her an interest in the development of the mind and the formation of habits. An additional knowledge of other "isms" and "ologies" is by no means to be despised. Happy is the mother who has the assurance within her that she is capable of leading her sons and daughters in their studies and occupations until they reach manhood and womanhood, and proud are the children of such a mother.

If, however, the mother instinct, with good common-sense, is lacking, neither a college education, nor a liberal education, nor any amount of special training can supply the deficiency. Educating or training is only a drawing out or developing the qualities one already possesses, and no system, nor teacher, nor book can furnish the qualities that go to make a good mother.—S. E.

A Baby
with
Whistling
and
Blushing
Propensities.

Does BABYHOOD care to hear of still another whistling baby? Little H., seventeen months old, was making a soft, low sound as he sat on the floor at play. At first I could hardly believe he was whistling, but a few minutes' careful attention convinced me he was really attempting it, and in a few days, as his lips mastered more completely the neces-

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sary pucker, he was able to whistle very fairly. He never attempted a tune, but simply sounded the same note again and again. It seemed to be a favorite accompaniment to his play, but he would never do it when he thought any one was looking at him.

This same little one, up to the age

of thirteen or fourteen months, was exceedingly bashful. When only eight months old he would try to cover his face with his hands or arms and *blush vividly* if any one, even though not a stranger, looked at him. We thought this most unusually young for blushes.

—L. R. H.

It is a Vital Fact—

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Babyhood.

Devoted exclusively to the care of infants and young children and the general interests of the nursery.

VOL. XVIII.

MAY, 1902.

No. 210.

Nursery Problems.

Supposed Dangers of Lying on the Back.

To the Editor of BABYHOOD:

Will you please tell me if a healthy baby eight months old should be kept lying on his back, and if it will be injurious to the spine if he is kept lying so until he is one year old, as I believe is the modern way of bringing up a child?

New Bedford, Mass.

J. A. P.

We do not quite understand the allusion to "the modern way of bringing up a child." Perhaps it refers to the general advice to let a child amuse itself, on its back or any way, instead of dandling it and making it discontented when left to itself.

A child left to itself begins to raise its head after a few months, and by the fourth month can usually support the weight of its own head, while its body or back is supported by the arm or firm pillows. By seven or eight months it usually can sit up for a little while unsupported. Before the year is out it usually tries to get up beside chairs and such things, but will probably not walk alone before fourteen or fifteen months as an average. Considerable variations occur both earlier and later.

Round Shoulders; Delay in Teething.

To the Editor of BABYHOOD:

My boy of seven years, who is tall and slender, but has never been a delicate child, is round-shouldered and his chest is not properly expanded. For the past three summers I have taken him to the country, giving out-door exercise, such as shooting a bow and arrow, chopping wood, weeding, etc. He seems well and grows rapidly. I have offered every inducement to persuade him to stand erect, telling him of the probable injury to his health and appearance. Nothing I have done, so far, has had the desired effect, and so I ask your advice:

(1) Would you advise my sending him to a gymnasium or putting braces upon him? If braces, where can the best be procured? He says he cannot remember to stand and sit erect. Can you suggest a plan to make him remember?

(2) My baby of eight months has no appearance of teeth yet. She is nourished entirely from the breast, except for one "Baby Educator" daily. She is plump and gives no evidence of any disorder whatever, but I am told constantly that she must be poorly nourished or the teeth would have come before this. One of my older children did not cut teeth until the twelfth month. His teeth have always been poorer than those of his brothers, whose first teeth made their appearance at six months. Is it your advice to give the

baby any additional nourishment, or let what appears to be well enough alone?

Montgomery, Ala.

MARION.

(1) The stoop in the shoulders, or round shoulders, may come from several, if not many, causes. The commonest we believe to be weak muscles, making it laborious for the child to hold himself upright. This is especially pronounced if a child be tall or rapidly growing in height without equivalent strengthening of the general structure. Near-sight also begins to tell, if it exists, after the child begins to read or do near work of any sort.

As to the cure: The gymnasium, if there be a judicious teacher of calisthenics, will do good whatever the cause. Braces are of doubtful value. Reminding the boy to stand straight is useless, if not worse. But observing his methods of sitting or standing at work, to see that he has proper desk or table so that he need not stoop, will do good. Besides, try to find out the cause. It is probable that with good care in his development he will become erect.

(2) Delay in teething, if not excessive, is not alone evidence of poor nutrition; but it is a reason for especial watchfulness in that direction. The first teeth are looked for, on the average, in the seventh month. Now, while it is not very rare that babies begin to cut their teeth at eight months or even later, still it is well to look into the causes of any unusual delay in this respect.

Look over both children and see if, on second thought, they are not both lacking in strength.

Peptonized Milk.

To the Editor of BABYHOOD:

In the directions for using a Peptogenic Milk-Powder I find nowhere a recommendation to boil the milk before mixing it with the powder; is this not often desirable, and advisable in any case?

Two methods are described—that of “humanizing” milk fresh for each feeding, and that of making enough for several feedings in advance. Is there no difference between the two? The saving of time and trouble is certainly on the side of the second.

Is there any harm in the bitter taste which the milk assumes if heated too long or too suddenly?

Fort Sully, S. Dak.

P.

It is better, especially in hot weather, to boil the milk on receipt, as it prevents or retards changes.

We prefer the second method—*i.e.*, that of making enough for several meals at one time—because if the preparation occurs every few hours variations of heat and other circumstances are likely to make variation in degree of peptonization. Besides, six minutes seems a long time when the baby is crying for food, and the time is likely to be cut short in consequence.

In the second method of preparation one manipulation may be saved by putting the mixture into a *clean* saucepan or pail, which is set into the warm-water pail (115° to 120° F.), and the whole covered with a “cosey” or a blanket, which keeps the heat uniform. The vessel containing the mixture can then be removed at the end of fifteen minutes, and the scalding directed in the process done in the same vessel, and it is then put into glass. A preserving-jar with air-tight glass top

is a good receptacle for it, and easily kept clean.

It is of great assistance to use an immersion thermometer, which can be had for less than a dollar.

The objections to the bitter taste are these: First, it is likely to disgust the infant after a little if it is not very hungry, and it may refuse a part of the meal. Secondly, the amount of casein in human milk and in cow's milk differs. There are also differences in the two milks about which chemists are not all agreed; but it is in general admitted that human milk has in it more peptone than cow's milk, and it is believed that partial peptonizing of cow's milk properly diluted approximates it to the character of human milk. But it would be overdoing the matter to entirely peptonize the cow's milk, and practically in health it is doubtful if it is well to feed the child on pure peptones; a partially peptonized food is probably better in the long run. In cases of digestive trouble the peptonizing action may be increased.

A Proper Mouth Wash.

To the Editor of BABYHOOD:

My boy is seven months old. His gums are swollen and the teeth look ready to come through. The end of his tongue is inflamed and quite sore. Can you tell me in your next issue of *BABYHOOD* what would relieve him? I have been washing his mouth with a solution of bicarbonate of soda and water.

Massachusetts.

A SUBSCRIBER.

It is probable that a mouth wash of boric acid in water—as much as will dissolve—will be preferable to the soda solution. Listerine, properly diluted, may also be recommended.

Meat Diet in Hot Weather.

To the Editor of BABYHOOD:

My baby, sixteen months old, and the picture of health, eats very little, according to wiseacres, and has to be coaxed to take even the three scant cups of prepared food and milk which until lately was her daily portion.

Finding that she was growing paler day by day, and that her flesh was losing its firmness, I added boiled hominy with plenty of fresh butter, and a soft-boiled egg, to her morning meal, a baked apple to her dinner, and, when her appetite was specially languid, a tablespoonful of beef-juice squeezed out of rare-broiled steak. The cup and lemon-squeezer used were previously scalded, as the baby would not touch the juice if allowed to cool. I began by feeding her with tiny crumbs of bread dipped in juice, and she presently eagerly swallowed the latter from a spoon. This seems to have stimulated her appetite and has restored her former prosperous health. But as I have taken *BABYHOOD* for a "lamp unto my feet, and a light unto my path," I would be glad to know if I, too, must, like a subscriber whose letter you recently answered, "delay giving all meats, eggs, etc., until cold weather."

Wardner, Idaho.

O.

There is no need to "delay giving meat and eggs until cold weather" if they can be digested. Your meat-juice is well. But in giving new things watch daily the effect upon the state of bowels and stomach, the condition of tongue and breath being used as a criterion of the state of the stomach. Also avoid making changes in hot "spells" or very muggy weather, as the digestive powers are usually enfeebled at such times.

Eyes That Need Attention.

To the Editor of BABYHOOD:

I wish to consult you in regard to my baby's eyes. He is eighteen months and has always been troubled more or less with

matter collecting in the corners of his eyes. The left eye seems inflamed at times and he has had several styes. His sight seems perfect and otherwise he is very well. What could I do for the styes and the collecting matter, which looks bad? S. O.

We think that such a condition of the eyes is best not treated by domestic medicine. They should be seen at least once by a competent medical man, who will explain the details of their daily care, and advise as to what is necessary beyond this sort of attention.

Spinal Curvature; Rickets a Probable Cause.

To the Editor of BABYHOOD:

I take the liberty of describing the symptoms of our baby and asking your advice as to nature of his physical condition and treatment.

The child is two years and six weeks old—a boy—perhaps rather small for his age, and, while fairly plump and full of life, he is wanting in activity, frequently giving way in his knees or hips. He was about seventeen months old when he began to walk. His usual sitting position is far back on his spine, and he walks with a bent tendency indicating general weakness. There are two joints below centre of spine that seem to slightly protrude.

With these symptoms, and being a child of nervous temperament and low vitality, we fear curvature of the spine or some other serious result, and write to ask you if there is any treatment that will overcome such tendency and prevent deformity in later years. He is our fourth child and the first to show such weakness; the others have fairly good constitutions. There is no trace of any deformity on either side of his parentage. My health during pregnancy with this child was wretched. I was very nervous and exceedingly despondent. We have recently moved from San Antonio, Tex., to this city, for business reasons, and believe change of climate is going to benefit the boy. His appetite is fine, digestion

fair. What course of diet and general treatment would you suggest?

San Francisco.

B.

The symptoms seem to point to that form of spinal curve which is due to rickets, or rachitis—a disease of faulty nutrition. The cure lies in the restoring of the proper tone of nutrition, and a physician must direct this. Support for the spine may be temporarily needed, but not necessarily so.

Eczema.

To the Editor of BABYHOOD:

My baby boy, now nearly five months old, has had infantile eczema almost since birth. It first appeared all over his body, face, and head, like a thick rash; on the breast it was redder and sorer. When he was five weeks old the rash had disappeared from his body but remained on his face and head—more pronounced on his cheeks. We used a white powder to take internally and some salve for local application. Sometimes the face has been sore and raw and covered with scabs. Once or twice the face was nearly well, but only for a day or so.

My little girl, now three years old, had the same trouble until she was six months old, but on the face only. She gradually grew better, while this baby seems to grow worse. He is a strong, vigorous baby, has one tooth through and another almost through. He sleeps well. I nurse him every three hours in the daytime and once in the night. He weighed twenty pounds when four months old.

I would like to know the cause of this skin disease and the remedy, or any suggestions for its cure or amelioration.

Illinois.

E. L. W.

The causes of eczema are very various. It is evident that it is more easily excited in some families than others. This may be due to peculiarities of tissues or of digestion. In the individual case special exciting causes exist, the

unravelling of which taxes the acuteness and knowledge of the practitioner. The disease is curable, often easily curable. By far the most commonly recognized special causes are local irritations and disorders of the digestive processes. Judging from the little we know of your two cases, if we were to make a guess it would be this: that there is a family predisposition and that the digestive organs are the source of the trouble. A child weighing at four months twenty pounds—enough for ten months—is very likely overfed.

From these hints you may guess at the trouble, but details must be worked out by the physician on the spot.

Method of Weaning; Suggestions as to Food.

To the Editor of BABYHOOD:

I am just about to wean my eleven-months-old baby, and wish you would tell me what will be the proper food for him until he is about three years old; also how to wean him from the breast. I think he will give it up easily, but am not sure as to what I should give him to eat. He has eight teeth.

Clay City, Ky. S.

The way to wean is to offer the food selected at one nursing time in place of the breast. If he is reluctant to change, the food may be offered by some one else when you are out of sight. As he gets accustomed to the food other meals can be substituted for the breast. In a short time the complete substitution is easy.

It is assumed that he has already learned to take water from a spoon or a cup. If not this would better be first taught, as at his age it is a pity to begin with bottles.

As to the food: It had best be made

from milk, or rather the cream. To begin, take the top half of the milk which has stood three hours. Dilute it with at first two parts and, if well borne, a little later one and a half parts of water which has been boiled. Sweeten slightly. Gradually you will use a larger part of the milk which has been allowed to stand, and at the age of eighteen months the child can probably take pure milk. In the meantime, in fact very soon, you would better use barley-water instead of plain water as a diluent.

The only other food desirable in hot weather will be bread-crusts. In the autumn begin cereals. Thoroughly ripe and fresh fruit is permissible—the peach when it comes, the orange as soon as you please. No berries. Other fruits are not desirable so early.

Questions of Dress.

To the Editor of BABYHOOD:

My baby will be six months old the first of June and I am planning to put her in short clothes then. Will you kindly tell me, through your columns, what articles of clothing I ought to provide for her—just how to dress her during the summer, both during the day and at night, and also how to dress her next fall and winter (day and night)?

Massillon, O.

W.

The garments needed are, first, an undershirt or vest. After the child ceases to wear napkins and begins to wear drawers, she will need a waist to support the latter. A flannel skirt is needed, which may be supported by its own waist while napkins are worn or by extra buttons upon the waist for the drawers. The stockings must be long. A white skirt may be used in addition, if desired, while the weather

is not too hot. The dress goes over all.

The nightgown must be of flannel of a weight to suit the temperature. The summer and autumn dressing, day and night, differ only in weight.

Constipation and Diet; Hiccough.

To the Editor of BABYHOOD:

Will you kindly tell me what I can give my boy-baby of sixteen months old for constipation? He is a bottle-fed baby, but has always been in perfect health. At first he was fed condensed milk with oatmeal-water; then I changed to cow's milk, using more cream than milk, with the oatmeal-water. I give him beef-juice every noon and he has potatoes, bread and gravy, fruit and tapioca pudding, and a few other wholesome foods. He has always been constipated, and some laxative has been given to him every night, with a few exceptions. He has fourteen teeth and weighs twenty-nine pounds. His complexion couldn't be better, for he has a pink and white skin. The last few days he has hiccoughed quite a little. What does that mean?

E.

It is not easy to answer the question, what will cure a constipated habit? when we have to guess at the cause. This is our guess in this case: We have a child of sixteen months weighing more than the average of boys of two years and upon diet fully up to the digestive capacity of ordinary two-year-old children. We suspect that the main remediable condition would be the taking away of such things as potatoes and puddings and the giving instead of more milk and cream and cereal preparations. In so well-fed a child we can see no call for beef-juice. The hiccough probably means over-feeding.

The Value of Cutting the Hair in Promoting its Growth.

To the Editor of BABYHOOD:

I have been advised to cut my little girl's hair short so as to foster the growth. The baby is two years old and her hair has never been cut. It is thick and soft on the front of her head, but thin and irregular in back; its ends will curl at times to some extent. Though the growth of her hair is not sparse, it is not abundant. What do you advise me to do?

I take this occasion to say that I have read your publication for some time and that I find it an invaluable guide in the rearing of my child. It is a pleasure to read sound sense in the simple and lucid language of your publication.

Fort Wadsworth, N. Y.

T.

The thickness of hair depends mainly upon the number of hairs; that is to say, upon the number of healthy hair follicles, and also, partly, upon the coarseness of the hair, a thousand coarse hairs making a somewhat larger mass than the same number of fine ones. It is hard to see how cutting the hair can increase the number of hairs, nor does it materially alter the texture. Of course a short hair feels stiffer than a long one of the same thickness. That is all. As to the increase in length of the hairs from cutting, we have no evidence that it does happen.

In the falling of the hair after illness, cutting is sometimes recommended for this reason, as we understand it: The hair is loosened by changes in the scalp and hair follicles, the result of the disease. If the hair is cut short its weight is somewhat less, and, which is more important, it is less pulled in the necessary toilet manipulation than is long hair. Hence the fall of the hair is more gradual,

and, as it is gradually replaced by new hair mingling with old, there is less evident baldness than there would be if the long hair were combed out in considerable quantities and a certain interval occurred before the appearance of the new hair. In the case of a child's hair we should not cut it for any such reason. Keep the scalp and hair clean and await the natural tendency to thicken.

Questions of Diet.

To the Editor of BABYHOOD:

Will you kindly tell me whether I have reason to be satisfied with the condition of my little daughter eight months old?

She weighed nine pounds at one month and now weighs about fourteen pounds. She comes of small stock. She has no teeth, but is remarkably active, strong, and wiry, and the best and happiest of babies, with clear, healthy skin, firm and plump. I nurse her four times a day and feed her twice on top-milk and barley or oatmeal water, in the proportion of eight tablespoonfuls of milk to twelve of barley or oatmeal water, sweetened with milk-sugar, and given from a bottle quite slowly, sterilized.

(1) Why does she spit up her bottle-milk quite sour, sometimes an hour or two after taking it? I give her Elixir of Pepsin occasionally to correct it. Is that right?

(2) Will four nursings and two feedings, gradually increasing proportion of milk in mixture, be sufficient during summer, if she gains, even though slowly?

(3) Is it safe to feed a baby on the milk of a cow with calf? And how long before calving should you stop using the milk for the baby?

South Carolina.

N.

The child is described as healthy. She is rather light in weight. Perhaps this may be rightly attributed to heredity.

(1) It is probably due to over-acidity of the stomach. A little lime-water added to the milk would probably be much more useful than the pepsin.

(2) Better wean altogether before hot weather.

(3) The milk of a cow with calf is generally considered—we think rightly—not good for children's food. We have no analyses at hand to show the difference between it and ordinary milk.

Condensed Replies.

M., Virginia City, Mont.—We think that such a child as you describe ought to be looked over carefully by his physician, especially in order to determine the cause of his vomiting his food.

N. G. C., Havana, Ga.—The symptoms point to a common cause of constipation. You speak of the deranging effects of milk in a way that leads us to suppose that you refer to whole milk. Probably diluted milk with cream and sugar added (as we are constantly recommending in our columns) would not make this derangement. Before you can proceed to solid food the child must learn to take some such digestible and nutritious food. It can learn to chew on a hard bread crust with the soft crumb removed, but we should doubt the propriety of any solid food until it had, as just said, learned to take and digest some liquid food.

E. K., New Albin, Iowa.—The curds are doubtless due to an excess of casein beyond the digestive power of the child, whether the proportion is beyond the average amount or not.

M. C., Paducah, Ky.—We believe

that it is always safer to keep up the flannels and woollen stockings, and to get rid of other coverings, because a child is often restless at night, and his covering should be uniform. If he wears it, he cannot kick it off. The nightdress of light flannel (shirt and drawers and stockings in one) will often do away with need of covering, and is, as those who have tried know, the most comfortable night apparel in hot weather.

E. Y., Newark, N. Y.—The child can have bread crusts to gnaw, and, as soon as she has chewing teeth, thin stale bread and butter. Occasionally, at the midday meal, give a good broth. If her digestion is of ordinary strength, she may have cereals in porridge form; eggs, however, would be better deferred until autumn.

H. S., Temple Place, St. Louis.—The constipation is probably due to want of fat in her food. Whether or not your breast-milk is as rich in cream as it should be, we do not know. But at any rate the artificial food you have chosen to supplement the breast is decidedly lacking in fat. You had better make quite sure that your family physician approves of the use of the food in this particular case. We suspect that her slow growth is due to defective food supply. Probably a judicious modification of cow's milk (cream food) would improve her in both respects.

L. K., New York City.—Such conditions in infants are not very rare. The commonest cause is phimosis, that is to say, tightness of the foreskin. If the child has not already been

circumcised, this matter should be looked into. Even if the operation has been done it may possibly not have been complete. If this cause does not exist others must be looked for. You would do best to confide in your physician, because no one save a physician who can see the child can really know the cause of his trouble.

M. B. B., Augusta, Ga.—The child's weight is near the average for his age. Save his wakefulness, no ailment is mentioned. His dietary seems proper and well watched. There is no need to teach him to eat meat, since he seems well nourished already, and the stimulating effect of the meat might add to his wakefulness. Putting all you tell together, no cause of the wakefulness is evident. Two things may be looked for: an itching of the surface which sometimes is observed when the clothes are first removed, and seat worms. But we think it more probable that the restlessness is of nervous origin. The nervous peculiarities and heredity you mention, the fact that when you hold him in your lap he goes to sleep more quickly, all point in that direction.

W. A., Hayward, Wis.—There is no harm that we can think of likely to arise from the prolonged use of the food you mention. If the baby ceases to thrive, then try to ascertain if he needs a change or something additional.

I. S. A., Oshkosh, Wis.—It is not practicable to make out such tables as you ask for that would be safe guides. If at birth a child needs artificial nourishment the physician attending

the delivery will adjust it to the baby's condition. The progress thereafter he can indicate. The tables given by medical writers for the use of other physicians are only in the way of suggestions to be modified as required. Any physician on the spot is far more likely to hit right than any other at a distance.

L. G., Woodstock, Vt.—We do not quite understand your question. But if you mean to inquire if such a child should be weaned before hot weather, we would say that it probably ought to be.

D. O., Granby, Mo.—Your baby has gained weight well. It is better to wean before or after hot weather, not during it. We do not think the tub bath debilitating, but a sponge bath daily is just as good. Teething, that is, the appearance of the teeth, begins, on an average, in the seventh month.

S., Oakland, Cal.—It is not probable that the breast will be very valuable by midsummer, but we do not suppose that it will be harmful to continue nursing. There is no way of know-

ing in advance. In beginning to feed give half good cow's milk boiled, half barley-water salted and very slightly sweetened. The proportion of milk may soon be increased. There is no application to the gums that we believe to be really useful.

Subscriber, Bridgewater, Mass.—As you put the case, it is not clear that the child is rickety. All we can say on the facts presented is that the kind of movements suggests that some undigested and irritating food is in the intestinal canal. If a gentle clearing out by a dose of oil and a diminution of his food (giving more water if necessary) for a while does not relieve him, you should consult your physician and have the case looked into.

H. M., Walla Walla, Wash.—So far as we make out, the falling of the hair depends upon the condition of the scalp. But we do not get enough symptoms to tell what kind of trouble it is. If there is eczema of the scalp, curing it will probably stop the falling of the hair. It may be, however, that the scalp needs stimulation.

Country Houses and Their Surroundings.

While rural life possesses, in sanitary respects, certain undeniable advantages as compared with life in cities, the mere fact of living in the country tends with many people to create a false sense of security, so that they are apt to overlook the presence, in the vicinity of their abodes, of fruitful causes of disease. Much sickness arises in the city from impure air, but we find in the country a

greater danger from contamination of the *drinking water* by impurities passing through the soil; moreover, the atmosphere in the vicinity of country houses, and the air entering the house through doors and windows and through the air-inlets of the heating apparatus, may also be vitiated if no regard is paid to the proper disposal of waste matters from the household. The removal of sewage from habita-

tions, the introduction of a pure and never-ceasing supply of water for domestic purposes, and the removal of garbage and ashes are sanitary measures carried out in cities by the public authorities; and the householder may confine his attention, so far as his dwelling is concerned, to the supply of air—in other words, principally to the heating apparatus and the plumbing. In the country, on the other hand, his care and exertion should first of all be directed to the sources of drinking water—the well, cistern, spring, or pond, as the case may be—and to the means of removing and disposing of the waste matters from the house.

The Essentials of a Country House.

In selecting a country home an important consideration is the character of the soil on which the house is located. Preference should always be given to dry, sandy, or gravelly soils. Alluvial and clay soils must be avoided as tending to be damp and chilly. Careful search should be made for abandoned cesspools, or overflows from cesspools into open ditches or ponds. As regards the external sewerage, one may safely assume that the drains, unless they were recently remodelled, are not as they ought to be in order to prevent contamination of the subsoil and accumulation of putrefying organic matter in the pipes. The next step should be the careful examination of the house itself. It is well to begin the inspection in the cellar. If there is no cellar, make sure that the house is well raised above the surface level on piers; that there is abundant air space between the

ground and the building, otherwise ground air is liable to rise into your rooms; furthermore, see that there be no rank or decaying vegetation underneath the house. Light and air should always be freely admitted into a cellar, and nothing kept or stored in it that might taint its atmosphere; for any impure air is sure to rise and pervade the whole house. The floor and walls of a cellar must show no signs of dampness. A perfectly-built house should be completely separated from the surrounding soil by a water and air-tight cellar floor and by damp-proof foundation walls, to prevent ground air and soil moisture from rising. The whole site of the dwelling should be dry; if necessary it should be well underdrained, and all subsoil water, especially if there is a hillside sloping toward the house, should be cut off and removed by special drain trenches, or, better, tile pipes, which latter ought to be kept isolated from any foul drain or cesspool.

It is hardly necessary to say that the house should receive all the sunlight possible. Roofs of broad piazzas often rob the rooms of too much of their sun, and sometimes the mistake is made of encircling the house too closely with trees. That room should be selected for the nursery which receives most sunlight and is least exposed to damp and wind. Special attention should be paid to the arrangement of pantries and storerooms. They should be well lighted as well as perfectly ventilated, for darkness is a prolific cause of dirt. Special cleanliness should exist wherever infants' food is stored, for it is well known

that milk very readily absorbs any impurities from the surrounding air and becomes unfit for use. Small refrigerators for storing articles of food should never have any connection with pipes carrying foul sewage.

Warm-air furnaces should not take the air from the cellar, but have large, well-constructed fresh-air boxes taking a supply of air from outside, preferably from the sunny side of the house. The inlet of the cold-air box ought not to be located near the surface, and care should be taken not to let any garbage or filth accumulate anywhere near the opening.

A sanitary inspection would be incomplete without a detailed and thorough inquiry into the condition of the house plumbing, but want of space forbids our referring to it at length.

The Water Supply.

Two subjects of great importance in the case of country homes, and intimately connected with each other, require particular consideration—the water supply and the disposal of the household wastes. A public supply is seldom available, and drinking water must usually be drawn by buckets or pumps from a well on the premises, sunk to only a shallow depth, and often liable to be contaminated from surface washings or by careless dripping into it of unclean vessels. It sounds like a truism to say that wells supplying drinking water must be most scrupulously watched and kept free from contamination; yet how seldom is proper care bestowed upon this matter! The drain which carries the liquid wastes from the house to a cesspool often passes near the well; and

unless it is laid with unusual care and forethought by experienced workmen its imperfect joints and broken pipes will allow the slops to leak into the soil, from which they pass by filtration into the well. But the most frequent and most dangerous cause of contamination of wells is the leaching cesspool—that vast receptacle of decomposing organic matter from the household, thoughtlessly located more often than not in close proximity to the well. A leaching cesspool is at best a makeshift and an unsanitary device. It is much safer to establish a rigid rule that wherever a neighborhood must depend on wells or springs for its water supply leaching cesspools must not be tolerated at all. In any case, before permitting the water from a well to be used in your household have a sanitary examination made by a competent chemist. If this reveals any pollution by sewage, use rain water for cooking and drinking purposes. With the exception, perhaps, of the smallest houses, the rain falling upon the roof yields water sufficient in quantity for all ordinary household purposes; and if common precautions only be observed in collecting and storing it rain water is perfectly healthy. Care should be taken to have the roof and gutters clean, and the first washings, containing dust and some organic matter, ought always to be allowed to run off on the surface by a cut-off or separator, worked by hand or arranged to act automatically. The cistern for storing rain water should be built thoroughly tight, and be protected against any possible pollution. It should be ventilated and thoroughly

cleaned every summer. The overflow pipe from a cistern must never discharge into any foul drain pipe or cesspool. It is a good plan, which adds only a trifle to the cost, to build a partition of bricks with loose joints, dividing the cistern into a large and a small compartment, which dividing wall will act as a filter. In summer it is a good precaution to boil the water first, next to cool it with ice and aerate it before drinking. The proper way is to have water coolers with outer and inner chambers—the outer for the melting ice, the inner one for the pure water. Drinking water may be purified by means of household filters; but if such are used they must not be left in care of thoughtless servants, since they require to be frequently cleaned, otherwise their purifying action ceases, and the filtered water soon acquires a bad taste, due to the organic impurities retained in the filtering material. If a tank is arranged to supply plumbing fixtures it should be located in the attic in some accessible place, protected against entrance of dust or vermin, and ventilated by a suitable opening into the outer air. This tank must never be used to supply the water-closet bowl, which latter always requires a special flushing cistern.

Proper Disposal of Sewage.

Concerning the best way of disposing of household wastes, and of avoiding the cesspool nuisance, the aim should be, first, to remove them from the house and its immediate vicinity as fast as practicable, and, next, to

utilize them as much as possible for agricultural purposes. The upper layers of the earth have the power of destroying, within a short time, the noxious elements of all buried organic matters, because the oxygen of the atmosphere has free access to the pores of the soil near the surface of the ground. A good substitute for the leaching cesspool in the case of smaller country houses is a tight sewage tank, to which the liquid house wastes are delivered, and from which they may be pumped by means of an ordinary garden pump, with hose attached, and distributed in the vegetable garden. This may sometimes be objectionable where the garden is very near the house. If the dimensions of the cesspool are large and the sewage is stored for a considerable space of time, this means of disposal may be more or less offensive. In such cases a better system, and one capable of wide adaptability, is the *subsurface irrigation system*, in which the liquid is distributed by gravity at a depth of about ten inches below the surface by means of small porous tile drains, laid in parallel lines under a lawn, or in a garden. The sewage should be discharged into the distributing pipes in large quantities and at intervals. An intermittent discharge is desirable, to allow the filtered liquid to soak away in the ground while the organic impurities attaching to the earth are being rapidly oxidized and assimilated by vegetation. In a properly arranged system the irrigation field will be entirely free from noisome odors, and the purification process will go on even in severely cold weather.

Pure Air Around the House.

Having a properly arranged system of disposal of the house sewage, and a water supply ample in quantity, of perfect purity, and well guarded against contamination, it remains to remove any causes tending to a possible pollution of the atmosphere around the house. The lawns and walks, the yard and the garden constitute in summer time the playground of the children. Let every possible precaution be taken to prevent any accumulation of rotten vegetable matters or kitchen offal of any kind. Remove manure heaps or accumulations of rotten vegetation; see to it that all ventilation pipes for drains or the sewage tank are carried to a safe height above ground; abolish any privy for the servants or farm hands, substituting for it a well-ventilated and well-managed earth closet. Let barnyards and stables near dwellings be kept scrupulously clean. Never tolerate the throwing out of any slops from the kitchen window. Even pure surface water from rainstorms or snowfalls should be carefully removed to prevent undue dampness and rising moisture. Where rain leaders do not deliver into a storage cistern they ought to discharge

into earthen pipes, laid, with great care and with a true grade, on a firm foundation, delivering the water into some convenient ditch, open water course, or gutters of roads. Rain water should be removed at least to such a distance from the house that soakage into the subsoil will not cause dampness of the cellar walls. It is inadmissible to connect the rain leaders to the house drain discharging into a cesspool, and it is quite important to ascertain that no rain-water pipe, terminating, perhaps, near upper bedroom windows, acts as a ventilator to any foul drain. That portion of the rain falling directly on the ground surrounding the house must be diverted by proper grading, so as to protect the foundation walls.

We shall conclude our remarks with the advice that no country house should be purchased or leased the sanitary condition of which has not been carefully examined into. Few persons possess the technical knowledge requisite for determining whether all the existing conditions are satisfactory, and it is therefore safer to employ, where possible, the services of an expert.

Change of Posture in Sleep.

Every physician will inform his patient that sleep is always attended with a slight diminution of blood in the brain. But he will also honestly admit that this condition is not the cause of sleep, but rather some inherent rise

and fall of the irritability of the nervous tissues, the state of lessened irritability being that of sleep. So much for the scientific explanation of what is alike necessary to the sick and the well, the young and the old—"tired

nature's sweet restorer, balmy sleep." Because less blood in the brain is a necessity to natural sleep, all mechanical agencies are directed to withdrawing the blood from that organ to the skin and abdominal organs, and to other parts; for instance, hot foot baths, brisk flesh rubbing, cool bathing of the head and hands; a light meal before retiring, massage, etc., etc.

Healthy people can sleep in almost any position, but some positions of the body are more conducive to quiet sleep than others. It is not well to begin sleep while lying upon the back, because pressure of the stomach, liver, and abdominal organs, especially when overloaded with a too-hearty meal, upon the great blood vessels along the spine, retard the free flow of the blood. Persons subject to heart troubles or to dyspeptic and liver complaints will rest better upon the right side. All such should avoid mental work a few hours before retiring, and should never eat late suppers.

The great soldiers and the most famous ascetics of the world's history learned that they could sleep best upon a firm, hard bed with but light coverings. The story is told of Socrates that he stood from sunset to sunrise upon the field of Marathon, erect and without shifting his position, observing Nature and the sleeping soldiers about him. Either from his observations or those of others since, it is affirmed that at about three o'clock in the morning every sleeper changes his position completely, turning from one side to the other or from the back to one side, as the case may be.

Now, the practical deduction from this fact applies, not to adults, but to infants. Every mother knows how often the little ones grow restless and perhaps moan in their sleep, at night, or even in their day naps, and wonders what is lacking in her daily care or in their diet to bring this about. If she is satisfied that everything in the little one's surroundings is as it should be, let her gently turn the baby over to the other side, or from its back to the side, while it sleeps, and note the results.

The baby's muscles need the same relief that those of the adult demand, and can be so relieved, even in deep slumber, by the mother's soothing touch. The child will fall into a more restful and deep sleep, in almost every instance, and awaken greatly refreshed. This process will be especially grateful if the baby has had a day of unusual and always harmful excitement, and may then have to be done more than once in the night. Other attentions may be necessary, but this turning in sleep until the infant is able to turn itself—*i. e.*, at the age of from nine to fifteen months—is most often forgotten.

The baby requires much sleep in the first months of its life, and gets little muscular exercise, especially if the mother or nurse neglects to rub or knead it after the morning bath. Hence the evident necessity of this restful change in its sleep.

The suggestion first came to the writer from a wise and conscientious mother, whose children were physical models. Let every careful mother adopt the idea and note results.



The Infant's Earliest Development.

Any one who has listened to the usual talk of the mother or the nurse about her baby will have noticed that she endows it with a degree of intelligence which it is quite impossible that it should possess. She has no hesitation in infusing a grown-up mind into the helpless bundle in her arms, and in attributing to it likes and dislikes, perceptions, expressions of will and of temper, and various virtues and failings which are incompatible with its stage of development. It is a very natural misconception. The baby's eyes are quite the same in external appearance whether it is two weeks or two months old, and it requires very careful observing to find out that at first it can see nothing but blurred patches of light and shade, and that it is many months before it can distinguish between a solid ball and a flat picture of a ball. If the imperfection of its power of seeing can easily escape notice, much less is it possible for a grown person who has not given attention to the matter to conceive the vacantness of the infant's mind. Even after its senses are perfectly developed it is only by the slow growth of experience that it learns to distinguish one sensation from another. It is many months before it learns to associate together the shining color, the hardness to the touch,

and the cool feeling against its gums of its papa's watch, and so to get an idea of it as an object distinct from the other objects which it is allowed to see and to handle. Consider how far we should be from having any idea of heat and cold if we lived in an absolutely uniform temperature! The baby has no past experience of its own to guide it. It must have time to compare one feeling with another before it can separate into distinct sensations the confused mass of sensation into which it is born, and still longer time before it can knit together sensations of a different kind and get by slow degrees the right idea of an external world. At a later age, if it is born to be a philosopher, it may find it necessary to undo all this labor of years, to doubt its childish inferences, and to believe that it was too hasty in yielding assent to the common fiction that there are real existences underlying our sensations; but all the same it has to share the common lot of forming that belief by a year or two of observation and experiment almost uninterrupted during its working hours.

The experience of persons who have been born blind, and who have undergone operations which enabled them to see, shows very plainly that the information we seem to get from our eyes when we open them upon a new

scene is in great part the work of unconscious reasoning. How much we have to overlook, as well as to look at, when we recognize the objects around us, any one can convince himself of by a simple experiment. Let him hold a pencil six inches before the eyes and look alternately at it and at a distant tree or other object; he will notice that when he tries to look at the tree two pencils can be seen. But not one of us is conscious that all day long we see everything double except the very thing we are looking at; and some people are so little in the habit of attending to their real sensations that they insist that they cannot see two pencils in trying the above experiment. The enormous amount of learning that the baby has to go through during the first year or two of its life might well appall the stoutest-hearted university student. The least one can do to lighten its difficult task is to give it as many things as it asks for to see, and touch, and taste, and handle, and smell, and to keep it always alert and happy, and interested in its little occupations.

It would be a difficult matter to fix upon the exact date of the birth of the baby's mind, so gradually does it begin to inform its little motions and to dethrone the purely animal and automatic activities of its earliest weeks; but it is certain that the birth of its body marks no important stage in its development. New-born babies are spinal beings, as Virchow has remarked; their brain is not sufficiently developed to enable them to take any conscious part in life. It is found that the motions of babies born with

no brain at all are the same as those of normal babies. The study of the gradual transformation by which the voluntary muscles are brought under the control of the cortex of the brain forms an interesting chapter in Preyer's famous book on "The Soul of the Child."

Motions, according to Preyer, are of four kinds: impulsive, reflex, instinctive, and voluntary. Impulsive motions are those which are produced without any excitation from the outside; the nervous energy stored up in a ganglion cell lets itself off by whatever channel comes easiest, unsolicited by any exciting cause. As my little nurse said to me the other day: "The baby cries because she can." Of this kind are the earliest motions of the baby's arms and legs, the motions of the muscles of the face in sleep, the stretching of the limbs of animals awaking from their winter's sleep—all purposeless motions, in fact, such as come simply from a desire for moving. Reflex motions are made in immediate and unconscious obedience to an external exciting cause, as when the baby draws away its foot in response to tickling. They can be provoked even *in utero*; the closing of a hand about a finger which touches it is made use of in obstetric operations for distinguishing a hand from a foot. Instinctive motions presuppose first an impression and then a feeling. They have an object, but they are inherited and unconscious. They are motions which our ancestors have made so frequently that we can perform them without giving them any attention, as the skilful musician

is quite unaware of all the complicated motions by which he executes a difficult piece of music. Last come voluntary motions, in which the cortex of the brain takes part—what is not the case in motions of the first and second kinds, nor in many of those of the third kind.

The power of voluntary motion is acquired only some time after birth. The process by which it is acquired is thus described by Meynert in the case of winking (see *Science*, v. 112): If a pin touches the eye of an infant the eye closes. This is a reflex action, carried out entirely without the intervention of consciousness; but at the same instant a number of impulses are sent to the brain, which on reaching the cortex give rise to the conscious perception of the appearance of the pin, of the pain of the prick, and of the motion which has been performed. These three perceptions occur in different parts of the brain; but as all parts of the cortex are joined by association fibres, the three perceptions are associated both at the time and in the memory. Hence when the pin is seen again the memory of the pain arises, and also the memory of the motion which stopped the pain, and thus the mere sight of the object may lead the child to close the eye. The perception of the reflex motion has given the child the knowledge that it has a muscle which will move, and the motion, having once become conscious, can be reproduced voluntarily whenever there is occasion for it. Winking is not, perhaps, a happily chosen illustration, as we seldom perform this motion vol-

untarily; but similar considerations apply to grasping, for example, which soon becomes exclusively a voluntary action. As in these instances the association fibres of the brain serve to bring reflex motions finally under the dominion of the will, so in innumerable other cases where impulsive or instinctive motions have happened to accomplish a desirable object the same apparatus confers upon us the power of repeating those motions at will.

The crucial point in the baby's mental development might be taken to be the change from reflex to voluntary grasping. The following stages in the growth of the power of grasping are marked by Preyer: The baby moves its hands about aimlessly from the beginning, especially toward the face. These movements are impulsive and of no meaning; it is nothing more than bringing the arms back into the intra-uterine position. At ten weeks the baby under consideration was able to hold a pencil, but without giving it any attention, looking like a grown person who holds a thing automatically while he is thinking of something else. At eleven weeks the baby's wandering hand caught hold of its father's finger; but closing about something when it feels a touch is a purely reflex motion, not to be mistaken for intentional grasping. At thirteen weeks the baby could hold things longer and more firmly, but still evidently without intention, though many observers might be mistaken about this point. On the one hundred and seventeenth day the baby makes earnest efforts to seize an ob-

ject—a rubber ring—and its face has a peculiar expression of intelligence which it has not shown before. It seizes the ring more frequently the next day, and looks at it with a pleased and wondering expression. Then it begins to look attentively at its fingers, and on the one hundred and twenty-first day for the first time it stretches out its arms to its papa with indescribable longing. Then it begins to carry everything to its mouth. Sucking and tasting have hitherto been its chief pleasures, and it is not strange that it regards its mouth as the organ by which it may most reasonably hope for agreeable impressions from new objects. In the thirtieth week it still seizes things with great uncertainty, but in the forty-third week its new accomplishment may be said to be fully acquired. It can seize its papa's beard and pull it with a quite adorable directness and force. The will came into play in this child, then, somewhere from the

seventeenth to the nineteenth week. At that time the child wills to hold the object fast; he looks at it and begins to form an idea of it. From this looking at the object seized to the seizing of the object looked at is but a step, but it is a step of tremendous importance.

Mothers may be interested in comparing their children's progress with that of the typical baby, as we may call the hero of Preyer's book; we therefore subjoin the following table:

Motion.	First Attempt.	With intention and success.
Shaking the head.....	4 days.	16 weeks.
Holding up the head	11 weeks.	6 weeks.
Seizing.....	117 days.	17 weeks.
Pointing.....	8 months.	9 months.
Sitting.....	14 weeks.	42 weeks.
Standing.....	23 weeks.	48 weeks.
Walking.....	41 weeks.	66 weeks.
Kissing.....	12 months.	23 months.
Jumping.....	27 months.	28 months.

The Child in Nature Study.

II.

Last summer we found in a little wood a field sparrow's nest, woven of fine grasses and placed in the hollow at the foot of a tiny tree. In a low bush was the nest of a yellow-billed cuckoo, and, swinging to a slender young maple, a red-eyed vireo's nest. We made a special trip there again, that all the children might see them. The sparrow's nest was full of eggs, and she scolded us roundly from a

nearby limb. Stealing along quietly, we approached the cuckoo's nest. There was the cuckoo, perfectly still, her head even not moving, her bright eyes alone showing that she saw us and hoped to escape observation. Deeper into the wood we walked, trying to select the tree that bore the vireo's nest. As we stood under the tree, noting with the glass the red iris of the mother bird on her nest, I asked

the children if that were not a pretty cradle for the baby birds, rocked by the wind and lulled by the bird lullabies all around them. My small boy, unable to express the poetry in his soul, gazed long at the nest and mother, and exclaimed, "My! I wish I was her!"

Although it is sometimes annoying to be disturbed by question or laughter when trying to steal upon an unknown bird, the benefit to children from a trip to the wood should outweigh any selfish consideration, and it is wonderful how quickly the little ones learn the same caution. They will bring you, too, many an interesting bit of information. It was one of the children who, one morning last spring, announced the arrival of our house wrens, for which we had been watching. "You'll be surprised," said he, running up the stairs breathless and half dressed. "Our little house wrens have come back!"

Science for many years was occupied with dissection. The flowers were plucked and pulled to pieces, and many charming phases of nature unnoted except by a few quiet students and nature lovers. This method led to wonderful discoveries, to the amelioration of suffering, to the discovery of amazing relations. But now another method, more of observation than of appropriation and dissection, has taken a place also and is open to all. The public school seems to realize that the tendency of the old education was too introspective. Our children are taught to observe the flowers, the varieties of trees, of stones, the insects and birds, in a way which is more recreation than study. Seeds are

planted in boxes, the germination and growth watched from day to day. In glass cans flourish tiny pollywogs, slowly changing.

True, the pendulum may swing too far and the pleasant branches creep in to the neglect of the important drill studies. That problem the educators have to face. Our children must have the strength which comes from overcoming the difficult, but let us not drop back entirely into the old lines. There is value in the power and habit of close observation, and knowledge, often profitable, is the result.

The kindergarten cherishes the true spirit of nature study perhaps as nearly as any system can. The little children hear the pretty canary sing, feed it and watch it in the bath. They hold in their hands the different grains and seeds, while the kindergartner talks in a simple way about them. Among the room decorations are the sheaf of wheat and spoils from the spring or autumn woods, all the wholesome real things dear to the heart of a child. With the opening of spring they are taught of the coming wings, of the unfolding bud and leaf, the pussy-willows, the first spring flowers. Each season's phases, the passing of the fall birds, the harvest, winter pastimes, are illustrated in the story of the circle, the pretty games and songs with their graceful gestures.

In the home, also, the child may be amused with his box of rich earth and a few seeds, with collections of shells, stones, minerals, deserted nests, different kinds of wood or cocoons. Here he should be taught to investigate without destroying; that to take

a bird egg means one less songbird and more destructive grubs and insects; that to the true nature lover cruelty is impossible.

Every branch of nature study has been written about, it seems, by the makers of books, so that it should not be difficult to find what one wants. Ernest Thompson Seton, William J. Long, and others offer delightful accounts of wild life. Botanies, biologies, zoölogies, natural histories, "Our Native Trees," "Bird Life," "Bird Neighbors," books galore, and even suitable magazines, are to be had. One excellent book as a guide will suffice at first.

A higher type of children's poetry, stories, music has come along with an increasing knowledge of child nature and its love for the simple and true. Better than the impossible and often frightful fairy tales are the stories of the real wonders in Mother Nature's laboratory. If the child can unconsciously learn the great lessons of growth, of cause and effect, mistake and consequence, everything in nature pointing to the hand of its Creator, so much the better. When later he correlates his knowledge, he will find that two and two invariably make four; the store of interesting facts and observations will lead to their own generalizations.

Some of the pleasures offered to our young people make them worldly and selfish; Nature is such a safe spiritual mother! The boy who loves the woods, who knows where the best hickory and hazel nuts grow, where the woodpecker has drilled its hole, where the heron has its nest, in what

hollow a rare flower grows, is not liable to fall into bad society. Interest, healthful occupation, and activity are the best prescriptions for a healthy mind and body. The child who is taught to note the miracles in nature will not, when grown, scoff at miracles in that other book of God.

I have a little friend who recently moved from Ohio to the Rocky Mountain region of Southwestern Colorado. She had never before seen mountains, and they impressed her deeply. For a year she lived on the ranch and ran wild with nature, gaining health and a new knowledge. For the winter of 1901-2 her parents moved into the city to put the children in school, but, though bright and fond of her studies, Florence at times grows homesick for the ranch, and writes us that she likes it far better than the city. Said she, "I love thy rocks and rills, thy woods and templed hills!"

Into the heart of a child scenes of grandeur sink to be remembered long after dates and events are forgotten. Who that ever ascended a mountain has not been awed by its majesty and silence? One winter I ascended Look-out Mountain at sunset. As something was the matter with the incline, we went in a carriage, a slow, winding way up the mountain side. As we wound around and up the steep way, something almost like fear crept over me. The only sound was the sighing of the wind through the pines or the soft splashing of a tiny stream that trickled and fell down and down.

From the summit we looked out over miles to where the sun was sink-

ing behind a distant range of mountains. At our feet lay the Tennessee River, a ribbon, and Chattanooga, a toy village. Coming down again on the eastern side, we saw the moon coming up over Missionary Ridge and St. Elmo's. It was a glimpse of another world, a scene always to be recalled as lying there in beauty in our absence or presence, like the foam and fall of Niagara's waters thundering on forever.

When one morning I looked out upon the West Virginia hills, wrapped in mist and the rosy morning light,

the words stood out, "I will lift up mine eyes unto the hills, from whence cometh my help." The shepherd boy who years and years ago kept his father's sheep and saw the glories of his Maker's hand, has put them before us in the most beautiful and inspired poetry of the world.

If there is a spark of the divine within us, Nature will kindle it. Then let us go with our children into the land of the ideal and the real, the beautiful and the true, not with effort, but letting Nature lead us and tell her story as we go.



Nursery Helps and Novelties.

A Cheap and Comfortable Couch.

It was a question with me what to prepare for Baby to sleep in until he was large enough for a crib, and the solution of said question has proved so satisfactory to me that I would like others to try it. "It" is a strong clothes-basket, twenty-four inches long by eighteen wide, with rounded corners, handles on the ends, and two braces running lengthwise over the outside. The frame, made by Baby's papa, is of pine, shellacked. It consists of four square posts, seven inches long, for the legs, connected at the top by two braces running under the basket braces, and at the bottom by two braces running diagonally, crossing at the centre. The frame is put together with brads and fish-glue,

and is securely fastened to the basket by screws passing down through the basket, basket braces, and frame braces into each leg. Small gilt casters finish the frame, and the whole is light, strong, and easily moved from room to room, Baby and all. The basket can be trimmed as elaborately as one's taste and purse will allow. Mine has a piece of unbleached cotton cut to fit the inside of the basket, wadded with thick cotton batting which comes up over the rim, and covered with pink cambric, with a ruffle of pink falling over the outer edge so as to entirely conceal the basket. Over this, inside and out, is fulled dotted muslin, edged with lace to match the toilet basket. A piece of pink ribbon covers each handle, and a bow of ribbon on each

gives a dainty finish. A large pillow with a plain case, and a little pillow with lace and insertion on the edge, finish the little nest, and every one says, "How pretty! Where did you get it?" Baby slept in it at night, close by my side, and lay in it all day, wherever I was, indoors or out, until he was old enough to sit in his high chair. At three months, when he grew too long for his basket, we sawed through the sides at the two lower corners, sawed out a bit from each basket brace, and bent one end of the basket down to a level with the bottom. This makes it long enough, so that at seven months the boy still has his day-naps in his basket, though he has used a crib at night for about a month. The cost of basket, casters, and trimmings was a little less than three dollars. Who can do better?

Kansas City, Mo.

S. C.

A Nursery Box.

I should like to tell the readers of *BABYHOOD* about a box in my nursery which I find very convenient. The box is a plain wooden one, made 36 inches long by 19½ inches wide by 12 inches high, the wood being ¾-inch thick. It has a lid fastened on one side by hinges. In the lower inside corners are blocks nailed to the sides and bottom, so that rollers can be fastened on beneath. The box is covered neatly with a pretty cretonne to match the curtains in the room. The top of the lid has a layer of hair and southern moss; over that bedticking is stretched and nailed down to the sides; and above this the cretonne is nailed. A box-plaiting about 1½ inches wide, neatly hemmed or doubled, nailed over

the rough edges, and finished at the top with a furniture gimp to match cretonne, gives a nice finish; the plaitings falling over the sides of the box. Then take a piece of cretonne 3 inches wide, turn down a hem on each side, and then double in the middle; overhand the sides together. Nail this in the middle of lid on the side that lifts up and you have a handle.

Such a box is nice for children to keep their toys in, or for mothers to put little cloaks and dresses and hats in, that would be crushed in a bureau drawer; making at the same time a good seat. A friend made one out of an old box she had, and did not stuff the top, letting the children use it for a table, and they took a great deal of comfort out of it.

Wakeman, O.

D.

Another Plan for a Swing.

The mamma of our house does her own work, and it would be no easy task if her two bairns did not contribute their mite, which consists in amusing themselves more or less. Papa thought he would try a little plan to help them out, which may prove of use to some one else. He took a clothes-basket of convenient size, two pieces of clothes-line, a couple of snaps, and two eye-bolts (all of which can be obtained at the hardware store at a trifling cost), and made a swing something after the hammock plan described in *BABYHOOD*, fastening it to the casings of two doors. He then put Baby in it on a pillow, and the little sister thinks it the greatest kind of fun to swing it, and will play and jabber for hours at a time.

Silver Cliff, Col.

C.



Justice in the Home.

One incident of my childish days is indelibly imprinted on my mind. Without effort does memory bring before my mental vision a vivid picture of a pleasant dining-room, with its doors and windows open wide to let in the tropical light and air. As the family are gathered at the table, the Chinese cook appears, wrathful, holding aloft a dripping cork.

"What is the matter, Acho?" inquires the mistress.

"This cork—I fin' him stuffee down my sink-spout! Makee him runnee over! No use! Missee Lucy, *he* do it!"

And he points a menacing finger at my four-year-old self. It is a very innocent little self that looks up in astonishment at this unexpected and undeserved accusation.

"Why, no, Acho," I exclaim, "I didn't do it, truly!"

I am not an untruthful child, yet on the cook's accusation, unsupported by any evidence, I am summarily sentenced to a dark closet, a dinner of bread and water, and a whipping—first, because I had "been in mischief," and then because I had denied it.

Every time that memory has conjured up this vision, in the years that have passed since it was a present reality, my heart has been stirred with

a great pity for that unjustly treated little self, and a burning indignation on her behalf. It was a comfort to me then, and has been ever since, to remember that it was not the dear one who held a mother's place toward me who had thus abused me, but a temporary substitute. I say "abused" me. The good woman would have started back in horror at the harsh term. Yet the worst form of abuse that one can give a child is to withhold from him a justice as perfect as human liability to error makes possible. Whether or not it is because the child is newly come from its just Creator, and so has its perceptions unblunted, I do not know, but certain it is that a child is peculiarly quick to recognize and to resent injustice. And with equal certainty he will be morally injured by it. There is the evil of it; the present harm done is seldom serious, but a little injustice may be one of the hinges upon which the door of the child's life will open out into a perverted path. Those who stand over children—parents, guardians, teachers—cannot be too careful on this point. Better pass by nine transgressions unpunished than to punish unjustly once. That once may so shake the child's confidence in you that it never will recover its equilibrium. At best it will

leave a sore spot which even time will hardly heal.

Sometimes, indeed, since "to err is human," there may be an involuntary injustice. If this is apologized for as soon as discovered, it may be made a bond of closer union between parent and child. *Do not grudge the frank apology when it is due.* Offer it even more promptly to the child than you would in like case to your equal in years. Your dignity will not suffer in his eyes; rather will his respect for you be enhanced, and the courteous justice which you show to him will surely engender the like in him.

One more incident may illustrate another branch of this wide and important subject. In a family of which I know there are two children, a boy of ten and a girl some years younger. The girl rules her brother like a small despot, in which she is supported by her parents as her prime ministers. "*I want that, Tom,*" is the announcement whenever her brother has a new treasure. It is invariably emphasized by the parental edict, "*Let Totty have it, Tom.*" One instance may serve as a sample of the many: It was the chief ambition of the boys in Tom's set to own bladder footballs. Tom had become possessed of a particularly fine one. With infinite pains he had rubbed it, and filled it, and tied it, and dried it. At last it was finished, and the boy regarded it with fond pride. But alas! Totty spied it. "*I want that, Tom.*" The usually yielding boy rebelled, but promptly came the word, "*Let Totty have it, Tom!*" With an agony as real as a man could feel over the loss of his earthly all, and far more pathetic, the boy re-

linquished his treasure, begging the child to "be careful of it." She tossed it about until she was weary of the sport, and then deliberately took up a sharp stone and hacked and crushed the ball to a shapeless mass. Childish malevolence could go no farther. Of the poor boy's heartache our own hearts ache to think.

Yet far more than the child are those parents to blame. That one is totally depraved, as a parent, who will allow, much less foster, such selfishness and injustice. Justice toward all the children alike, and from each child toward every other one, should be practised and enforced by the parents. "What's mine is my own; my brother Juan's is his and mine," says the Spanish proverb. It is the principle on which many a child is allowed to base his conduct, to the inevitable weakening of the fraternal tie which should be felt in early years, only to strengthen with maturity. The doctrine of *mine and thine* should be taught early. It need not shut out, by any means, the teaching of a generous consideration for others. No tyranny should be tolerated, whether it be the despotism of the elder or the younger, the weaker or the stronger, the boy or the girl. A scrupulous respect for the rights of others should be inculcated, and a proper defence of one's own rights allowed. It is the only way to train up law-abiding citizens, not to mention the better object of developing high-minded Christian men and women. For mercy all may hope, but to justice all have inalienable claim, and all should be taught to render it to others in their turn.

R. E.



Baby's Wardrobe.

The First Short Clothes.

Will you allow me a little space in your most useful and charming magazine, that I may tell all who are interested in the subject of how I have "short-coated" my baby, as I find it such an excellent way, admitting of the little petticoats being easily removed should they become accidentally soiled?

It is simply a little quilted waist, with short sleeves and four flat cloth buttons—one in front, one on each side, and one in the middle of the back. The little petticoats are made with bands, and are buttoned to the waist, then all slipped on at once over the baby's head. The waist laps over in the back, and is fastened by tapes, which can be set forward as the child increases in size. I avoid the "bunchiness" of the flannel skirt by goring it in front. I have this style from an English lady, and have "shortened" all three of my little ones according to it, finding it most satisfactory.

Stafford Springs, Conn. M. D.

An Improvement on the Gertrude Suit.

I think that the "Gertrude" must be a very comfortable and convenient suit for the little helpless babies, but that the method of having a little waist made to button the skirts on is much preferable for the first short clothes,

and then you have to make no change when the little ones are ready for drawers. I found this very convenient with my little girl, and then if she soiled her skirt or drawers she did not have to be entirely undressed to make the necessary change. The weight of the clothes comes on the shoulders the same as in the other way, and it certainly would be more comfortable for the child, especially in the summer, not to have so many thicknesses around the body.

Hanford, Cal.

T.

Method of Finishing Baby's Flannel Sleeves.

I have seen no description in "Baby's Wardrobe" of a neat and comfortable way of finishing off the ends of Baby's flannel sleeves. The device is so simple that I am surprised that so few adopt it. It is useful for infants and for children who wear home-made underclothing. I use the "Gertrude" patterns. The sleeve must either be cut off about an inch or have a tuck taken up at the elbow; the latter is my way, as the arms grow so rapidly.

From the ends of the sleeves of an old undervest cut the ribbing about one-and-a-half inches wide. The finer the quality of the ribbing the better. Make the strip of ribbing long enough for the baby's hand to slip through, and slope it a trifle. The

ribbing being shorter than the sleeve is wide, it must be stretched in sewing on. It will spring back to its place and gather the sleeve a little. Now sew the ends of the ribbing together with buttonhole stitch. I use *fine* thread and the buttonhole stitch, as it makes a softer seam. The object of this ribbing is to have the sleeve close-fitting at the wrist, so that no cold air is admitted, and also to have a sleeve that is not always "riding up." As one side of the ribbing ravel out care

must be taken to sew that side to the sleeve. I have used these sleeves for years, and have learned to make the "wristlet" so neatly that it is quite dainty and pretty peeping out from under the dress sleeve. In our rather open country houses they are indispensable after the cold weather sets in, as no draught can possibly touch the little arm. I feel sure that any one trying this pattern once will never return to the usual open sleeve.

Schenectady, N. Y.

L. C.



Baby's Advent.

About two years ago a new house was built upon the sunny side of our street, and was adorned with the pretty wedding gifts which had been bestowed upon a popular young couple. It was a delightful place at which to call; everybody enjoyed the tasteful arrangement of the home; it inspired old housekeepers to renewed effort in the way of simple decorations, and helped them to take increased interest in life.

No one would have predicted a change which fell upon it just five months ago. Upon being ushered into the parlor recently, two ladies were interested observers of the transformation a ten-pound baby had power to accomplish. If an artist had wished to give a graphic sketch of still life signifying "Baby's Come!" not a de-

tail would have been found wanting. Opposite the hall-door, in the parlor, stood a handsome baby-carriage; the crimson parasol, heavily trimmed with lace, which belonged to it, lay across an easel, taking the place of the drape-ry which had previously adorned it; in the centre of the room stood a modern "nursery-help"—a chair which contained within itself all the elements of a high chair, a low chair, a perambulator on wheels, and a dining-chair with a tray. It had evidently been doing duty as a low chair on wheels, the pillow in it still bearing traces of the baby's form; across the top was hung an abandoned crazy-quilt, about the size of a pillow-sham. It spoke eloquently of the time before Baby came!

The clover-leaf table between the

windows still stood there, but the set of Shakespeare in the lovely box and the low dish of flowers were displaced now by a silver cup, a piece of crocheting—a baby's sack which had progressed as far as one sleeve, and which suggested to one of the observers something about the "ravelled sleeve of care."

On an easy-chair lay a short dress for the baby; it was spread out at full length. On a corner of the sofa lay a pile of soft, white wrappings, and upon the hook which held back the *portière* hung a little white muslin cap. It would have been thought a stroke of genius if the artist had hung it there in his picture, for it somehow completed, with a delicate emphasis, the idea of the whole.

The two ladies were sisters, and were possessed of a sense of humor which was a bond of union between them—a bond so strong that they found rare delight in each other's companionship. They looked at each other and smiled; they could not help it, but the smile died away as the mother appeared in the doorway. She had been noted for her taste, her skill even, in dress, her friends declaring that in a gingham dress she seemed clad for any occasion. There was possibly even now a picturesqueness about her attire; it consisted of an old pink chambray skirt, with an unlooped black over-dress upon which were little "splodges" of evaporated milk; just below the collar a button or two was missing. The nurse followed bearing the beaming baby, who was irreproachable in lace and embroidery and fine linen.

"Oh! yes, I am perfectly well, my health is splendid," the mother said, in answer to inquiries, "but I am tired out all the time taking care of Baby. I have excellent help, and my mother is with me. We have the sewing and the washing and ironing done out of the house, and Baby's papa comes home the minute he can get out of the office, but truly we do not get a bit of time for anything! I haven't returned a call since Baby came, or been to church, either! Here, darling!" she said to the child—who had been deposited in the little chair on wheels, and who was wriggling around uneasily—and held out the pretty silver cup, which the baby took and began eagerly to whack against the black-walnut tray in front of her, denting the cup and marring the tray. This soon became too tame an occupation, and the baby asserted her right to some more enlivening way of passing the time. Her clamor was heeded presently, and she was taken up and trotted and jumped about in a way which delighted her, but if it ceased for an instant she seemed irritated beyond her small power of endurance. Conversation flagged. The visitors found themselves also presently catering to the baby's desire, loudly expressed, for amusement; they stretched out their gloved fingers, and, after attracting her wandering eyes, performed sundry gymnastics with them; they offered up card cases and parasol handles, and at last desperately shook embroidered handkerchiefs in her face, all in order to have a few moments' converse with the mother.

"I sometimes think," she said, "that

I am losing my mind! This constant endeavor to keep myself on the intellectual and moral plane of a baby a few months old is dwarfing, to say the least. I'm glad philosophers agree that it has no moral plane as yet. I'm sure I do not know what I'll do then!"

There is not the slightest ground for believing that the baby is an exceptional one, and she is certainly not a creature of the imagination. From the first days of her life she has never been let alone; fond friends have contended with each other as to who should do her reverence. No plaything in the market is too fine for her to break; no friendship so sacred that it may not be disregarded on her ac-

count; no social or religious obligation so binding that a protest from the baby will not hinder its performance. With brain unduly excited, with taste developed and cultivated for noise and movement, the quiet of a calm, orderly, well-regulated household denied her—who does not pity the little despot, the touch of whose soft hand has turned to the grasp of a ruler?

What will be done with the baby, or what the baby will do with the family, remains to be seen; but may not its annals adorn a moral and point a tale to the wiser mothers who read them?

L. S. D.



The Mothers' Parliament.

Domestic Treatment for Umbilical Hernia.

I notice in a recent issue an inquiry as to the best means of repressing a navel hernia in a baby. I have had some experience with that trouble, and would like to give the inquiring mother the benefit thereof. My little son developed a navel hernia at the age of six weeks, and, as he was so young, the doctor thought best not to put a regular truss on him. He recommended, and I tried, all the means suggested in your reply published in *BABYHOOD*. I could keep none of them in place, and when I loosened the bandage, as I did several

times a day to rub Baby and give him a rest, it would make my heart ache to see how red and creased the little body was. Finally an old lady called one day, and I told her of my trouble. She told me to get a skein of white saxony yarn, to cut it and tie a knot in the centre. Place this knot immediately over the navel, pass the ends around the body, cross them in the back, and bring around in front to tie. This does away with the knot in the back where the child has to lie, and gives more room for the play and elasticity of the yarn. I followed her directions, keeping always two skeins on hand,

that one might be washed when occasion demanded; and I found that it worked perfectly, never got out of place, and did not bind or hurt the baby. The yarn should be well spread, so as to cover a good portion of the body around sides and back. My boy has gone without the yarn now about four months, and the doctor pronounces him as well as any child.—*B. H. P.*

[The skein truss is a well-known appliance and is worth trying. When applied to the groin hernia, one end of the skein is slipped through the other, making a noose which goes around the body; and so arranged, the end, with the other end passing through, is placed over the seat of rupture. The free end passes under the groin and up behind to fasten to the part encircling the body.—*Editor of BABYHOOD.*]

A Mother Who Isn't Tired. Having read with much sympathy K. L.'s article entitled "The Tired Mother," in *BABYHOOD* for March, I feel moved to answer it, sincerely hoping that I may help some weary sister; for, as I am the happy mother of three lovely children, all under five years of age, having a limited income to work with, also a slender store of strength and a set of erratic nerves, perhaps I can shed some light on dark problems.

We found there was nothing we needed so much as a nurse, and when we found a thoroughly faithful one we were ready to make any sacrifice to keep her, for with such an one there is no danger from "green apples" or

kindred misfortunes; but *don't* try to manage with a nurse who is only a child herself—it is simply one more for you to look after. I have tried such. By keeping a nurse I have the much-needed opportunities for rest and recreation. I do not agree with the theory that position demands anything, but our families, our own bodies, brains, and souls do; and we are responsible for them, and guilty if these *necessary* demands are not supplied. I say necessary, because many a woman's most wearing demands upon her strength, time, and pocket-book are not at all necessary. It is not necessary to have four or five courses for luncheon when you are entertaining one or two intimate friends. They know you only have "one stupid servant," and your elaborate dishes turn to ashes in their mouths as they think of your heavy burdens made heavier for them. And another thing here is: do try to simplify your everyday living; save your brains the worry of thinking up new desserts, and see how it will ease that strained income to lop some of the superfluities off your menu. Another unnecessary, and even wicked, labor (in our circumstances) is the making of children's clothes. Buy them, even if you have to get something coarse; every one knows how cheaply they may be bought, but so many women prefer to make them at home that they may have something finer. *Don't do it.* Making elaborate little garments, while Johnnie plays soldier, shouting commands to an imaginary army and blowing an imaginary trumpet (don't have any other kind in the house), and Mollie wails

over the block house the brave general has knocked down, and baby fusses in his cradle, will start you surely on the road to the insane asylum. We must choose whether we will be Mary's or Martha's, "cumbered about much serving" or choosing "the better part."

If possible live in the suburbs or in the country. The children won't be sick so much; they can be outdoors nearly all day, and that means less confusion inside, too. Then when you take your own outing, you breathe pure air, and are not distracted by city racket, and that means rested nerves, O tired mother! for I have been in your predicament. But whether in country or city, do not select a fashionable neighborhood to live in, unless you are very independent indeed, or you will be living beyond your means and strength before you know it, and then you think it is the children that make life a burden.

Read, but don't read all sorts of things; you have not time. Read something that will help you. I find that treating my children's mental, moral, and physical development from a scientific standpoint, as far as my capacity will permit, interests and stimulates me immensely. You already read *BABYHOOD*; read books on the new educational methods, training, etc.

The woman who reads such books and looks at her children's development from such a point of view will never consider herself a "drudge," nor be "thought uninteresting by her friends," and, being happy in her children, will not acquire the ugly marks

sometimes associated with age; but I can see no help for "growing old," children or no children.

I wish I could impress every mother with the advantages of early training her children in the paths of obedience and helpfulness. Teach them not to play with your things, to come when they are called to pick up their toys or your things, to help dress themselves; and begin by teaching them to be still when they are babies. It lays the foundations for future helpful, useful life, and it is the very root of all order and comfort in the home now. I think the secret of all such obedience lies in never yielding or changing your verdict about certain things. If you say "Go to bed," don't after teasing say, "Well, yes, a little while"; don't give indigestible dainties to stop the tears; and if you simply keep cool and calm and insist, there won't be so much "scolding and crying." My little children are really helpful about the baby and keeping the house neat, and are proud of it.

Children should be provided with toys they can work with—they don't care much for the other kind. Give your little girls toy carpet-sweepers, brooms, and dust-pans, and you will be surprised how they will enjoy sweeping up threads and scraps. A boy with a wheelbarrow, spade, and rake will amuse himself all day in the back yard, if you have no better place. And, finally, don't, with a view to economy, deprive yourself of labor-saving appliances. Have a baby-carriage and a go-cart, have a baby-tender to rest your tired arms, high-chairs, nursery-

chairs, and a bed for even the smallest.—*L. H. E.*

The Formation of a Baby's Vocabulary. My boy, now nineteen months old, has never been taught to talk. At six months (I keep a record of his doings and sayings, and am *exact* in stating his age) he made his first articulate sounds, "ma, mam, mama, ma-ma-ma," but did not mean me, as I always spoke of myself as "mother"; and as he made these sounds on various occasions, I concluded that "ma" or "mom" is the first sound baby-lips can make. My boy has been taught only two things—to blow his nose (which he did at nine months), and to say "please," which he did not do till he was sixteen months; now he says it whenever he wants anything. When he was ten months and one week old he said "the-the" for "kitty"; I am certain he tried to say kitty, for he always said it when he saw a cat. Soon after I noticed he tried to say "there" when he pointed to a thing; he also tried to say "oh, dear!" simply as a repetition of our remark to that effect. At eleven months old he called his father "ba-ba," accent on last syllable, as I always called him "papa" when I spoke of him to the baby. At twelve months he said "there 'tis" when he pointed to anything. Before thirteen months he said "poo" for spool and spoon, making the sound of "oo" longer in the latter case, but for months now he has not used either word. His vocabulary at fifteen months was "pu" for "poor kitty" or for any hurt, to himself or another; "boo" for "book"; "bumbum" for bread and butter; "ung-gung," drink;

"a-boo" for "rubber" cow, or "moo-oo-oo" for cow—he has not said "cow" for months past; "Co-co" for "Corinne"; "ding-dang" for "donkey"; "bow-ow" for "dog"; "tl" for "horse" (the clicking sound often made by a driver); "cum" for "food," though I don't know what word he tried to say; "I go," when he wants to go outdoors; "up tair," "down tair"; "a-poo" for "Mrs. Pond"; "Anya" for "Anna"; "tic-tac" for clock or watch; "ding-dang-ding" when he hears a clock strike; "gup" to the horse when he wants him to go; "on-door" for "outdoors"; he sniffed when he heard the words "flower," or "smell," or "handkerchief," or when he saw a flower. At seventeen months his vocabulary contained about twice as many words as these; but at nineteen months he says but few words which he did not say two months ago. I am sure he could obey three hundred orders from his mother, as Sir John Lubbock observed a child of eighteen months to do, since he understands almost everything we say.—*N.*

Fainting from Fright. I passed through an experience with my baby girl some months ago which caused quite a little panic in the household. I was sitting at my work one morning, overlooking the play of my happy, hearty little two-year-old, when she suddenly complained, "O mamma, I sick! Take me!" This was rather unusual, as she is perfectly healthy in every way; but she had been grieving over a slight bruise received a few moments before, so I stooped to take her in my arms. Imagine my surprise when her head dropped lifelessly

upon my shoulder, and I saw that her face was deathly pale, her lips blue, and her eyes half-closed. My first thought was of a convulsion, and I started for some hot water; but when I saw that her limbs did not stiffen, but that she lay in my arms in a limp, apparently lifeless condition, I was at a loss what to do. We tried to revive her with water, but the best that I could do in my anxiety was to leave her in my mother's arms while I started in breathless haste for a doctor. After five unsuccessful attempts to find a physician I at last ran across one, who took me into his carriage and drove back to the house at a headlong speed. We found the little one lying on the sofa, conscious, but still pale and languid. "I feel better now, mamma," she said on seeing me. The doctor thought she had simply fainted away, though from what cause it was difficult to say. He left powders and orders, with the advice to keep her lying down for a few hours, as she would doubtless be nauseated if she got up. In less than ten minutes after he left, however, she sprang to her feet as brightly as ever, and ran to show grandpa where she had scratched her finger. She showed no signs of any sickness throughout the day, and we all felt a little doubtful as to the cause of such a sudden attack, when the little one herself explained the dilemma. I was putting her to bed, and asked, not expecting an answer, if she knew what made her sick in the morning. "Yes," she answered promptly. "I did sc'atch my finger, and it bleed and f'ightened me awfully; and it did make me sick in my stomach, right

here." The little scratch had been so slight, and she is so brave about her bumps and bruises, that I had given no thought to it; but on talking it over we remembered that this was the first time she had ever seen the blood come, and she had been somewhat disturbed over it, and had shown it to all the members of the family, eliciting an unusual amount of sympathy. Then I had tied the finger up in a rag, thinking it would soothe her, but it had only heightened the awe of the situation in Baby's mind, and she brooded over it until she fainted as described. I myself used to faint very easily as a child, so the case is quite clear to me now; and if I had simply laid the baby on her back, given her fresh air, and a little stimulant perhaps, I needn't have lamed myself ransacking the town for a physician.—A. K. T.

Shells as Playthings. I would like to suggest shells as very satisfactory toys; not merely large shells, but little ones even of the commonest sorts, which almost any one could procure with little trouble. A half-pint of little shells, a little box or two, and a tiny tin cup or patty pan, will keep almost any children, from two years old (or as soon as they can be trusted not to put them into the mouth) to seven or eight years, quiet for the most of a half day. My little ones play with shells by the hour. I put a box of them on the table with some little tins, draw up two chairs, and the children are happily disposed of for a long time.

The value of a plaything to the child consists much more in its possible uses than in its own character, and many

things may be done with a box of shells, and many different arrangements may be made of them. They are in themselves so beautiful and so varied that the mere comparison affords great pleasure, to say nothing of cultivating a love for the beautiful.—R.

**A Word as to
the Care of
the Children's
Combs and
Brushes.**

Handsome brushes and combs require some attention to keep them clean and in good condition. Each time after using the brush, comb out carefully all hairs. Then comb quickly a few times, and shake the brush to get rid of any dust. Lastly, wipe off brush and comb before laying them away.

Besides this, brushes and combs will need occasionally a thorough cleansing.

Put into a shallow basin a quart or so of water; add a teaspoonful of ammonia and a piece of good soap. Make a slight lather, and lay the combs in it, passing them back and forth, so that the water may run through the teeth. When they are well soaked, take the edge of a towel or cloth, and run it through each space between the teeth, letting it go clear to the top, and bearing first on one side, then on the other, so that all dirt may be removed. Rinse in clean warm water and wipe dry. The brushes should be laid, bristles downward, to soak in water prepared in the same way. Care must be taken that the water does not come up into the back of the brush, as ivory and handsomely carved or fancy backed brushes, or even good wooden backs, are spoiled by being too much wet.

A Mellin's Food Boy

I am very glad to send this picture of our boy as a great testimonial to the worth of Mellin's Food. He is 13 months old, hearty and robust, walks and says a few words.

DR. F. VERNON WARE.

A sample of Mellin's Food sent free upon request

MELLIN'S FOOD CO.

BOSTON MASS.



FRANCIS VERNON WARE, JR.
MILLVILLE N. J.

Rub the brush back and forth over the palm of the hand, while under the water, so as to separate the bristles and cause the dust to be loosened and come out. Comb the brush well, from the edges toward the centre. Rinse in clear water, pouring it sideways

through the bristles. Shake the brush hard, rub the bristles on a towel, and wipe all moisture from the back and handle.

Place combs and brushes to dry where there is a good air, but not directly in the sun.—C. L.

It is a Vital Fact—

NO SINGLE FOOD is suitable for the Infant for the whole period of the first nine months. At birth the digestive powers are only able to assimilate Human Milk or its physiological equivalent; and it is not until the child is six months old that any starchy food is admissible.

THE

'Allenburys' Foods.

On the principle of A Progressive Dietary,

Are adapted to the growing powers of digestion and free from dangerous germs.

No. 1 is a Milk Food

Specially adapted to the FIRST three months of life.

No. 2 is also a Milk Food

Similarly adapted to the SECOND three months.

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For infants over SIX MONTHS of age. It is prepared for use by the addition of cow's milk.



The digestibility of the "ALLENBURYS" FOODS has been demonstrated by widespread experience, and is incontestable.

Firstly—Each one is peculiarly easy of digestion at the age for which it is designed.

Secondly—The Series is so arranged that each Food affords the maximum amount of nourishment which the organs of the child, at the period for which it is intended, can with perfect ease digest.

NONE OF THE OTHER FOODS ON THE MARKET CAN FULFIL THESE CONDITIONS.

No fear of troubles arising from malnutrition need be entertained if the directions accompanying each tin are intelligently followed. A sample of the Food and a full descriptive pamphlet sent **FREE** on request.

 Please specify which **NUMBER** of the Food is desired. 

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W. LLOYD WOOD, Gen. Agent in U. S. and Canada.

Babyhood.

Devoted exclusively to the care of infants and young children and the general interests of the nursery.

VOL. XVIII.

JUNE, 1902.

No. 211.

The Value of Water in Early Life.

Of all the simple hygienic appliances within easy reach of every mother and nurse, water ranks among the first in importance. Particularly in hot weather, when babies are so apt to be drooping, a judicious use of this agent, internally and externally, will often prevent more serious disorders.

It may help to an understanding of the utility of water if we consider how large a proportion of the human body it forms, of the solid as well as the semi-solid tissues. Physiologists estimate that about three-quarters of the entire weight of the body consists of water, in combination, of course, with other substances. The brain, the centre of nervous life, has 789 out of every 1,000 parts formed of water; the muscles have 750, and the bones 130 parts in 1,000. Even the teeth, that constitute the densest tissue of the body, have one-tenth quantity of this fluid in their structure.

Need of Water Internally.

Water is required not only to give the necessary suppleness and elasticity to the more solid tissues like the bones and muscles, but to maintain the fluidity of the blood, with the secretions elaborated from it, and to hold in so-

lution the waste matters destined for removal from the body. Water is thus the most shifting of all the ingredients of the human frame. During infancy and early life the various organs are softer and more delicately organized than in adults, from containing relatively a larger proportion of water. The effect of a loss of fluid upon these tissues is seen in the rapid shrivelling and the pinched look that babies so quickly acquire after the purging of summer diarrhœa.

When we consider the great importance of water in an infant's organism it seems strange that babies are so often deprived of it; yet they will frequently get no pure water at all to drink, and hence have to depend entirely upon the fluid that is contained in the milk. When a child frets, the mother at once assumes that it is hungry, and never imagines that thirst may be the cause of the crying. The avidity with which the breast or bottle is taken seems to confirm this idea. But thirst rather than hunger may be the cause of the greedy way in which milk is gulped down. This is shown by giving the baby a teaspoonful or so of cool water (not iced), when the fretting will often stop. It is not good to give milk

continually to an infant for assuaging thirst, because this is food as well as drink. One of the commonest causes of early indigestion is too frequent feeding. The caseine, or cheese, of the milk collects in clots in the stomach when sufficient time is not allowed for digestion, and the baby cries, not from hunger, but from colic due to overfeeding. Temporary quiet is procured by renewed nursing, but a further outbreak is only delayed. Many a mother, ignorant of the true cause of the trouble, wears herself completely out by giving the breast to the baby every few minutes simply to keep it quiet. Much trouble would be avoided if maternal or cow's milk were given only at the proper intervals, and water allowed between the periods of feeding. Even a new-born baby should not receive nourishment oftener than every two hours during the day, and at much longer intervals at night. It will be much easier to adhere to this rule if water is also given.

Proportions of Water and Food.

Particularly in hot weather, when infants are so liable to fatal digestive disturbances, the proper relations of food and drink must be recognized and enforced. The thirst naturally produced by the heat causes the baby to wish to nurse or take the bottle very frequently, and, as a result, colic and indigestion are soon induced, which often eventuate in diarrhœa. The cause of this is evident. There is a continual rapid evaporation from the skin, and, as a result of this fluid loss, the watery parts of the food are quickly absorbed to make up the deficiency, leaving the thickened solid part to ferment and cause irritation. This cause

of diarrhœa can be removed by giving milk or other nourishment only at suitable intervals, but allowing the baby to drink frequently of water, administered in small quantities at a time. The eagerness with which it drinks will confirm the indication for its administration. Thin barley-water often agrees well with the stomach in hot weather, except in very young babies. Restricted nursing and a more liberal supply of water would prevent many attacks of diarrhœa in infancy.

Value of Outward Application.

Not only is water extremely valuable in early life as an article of diet, but as a cooling and reviving agent when applied externally. A free use of water will do much to carry a baby safely through a heated term. Heat acts directly on young children by depressing and rendering more susceptible their nervous energy, by enfeebling the digestive organs, and by increasing, but weakening, the action of the heart. There is a direct ratio between an elevated temperature and infantile mortality. The mean temperature of July is usually several degrees higher than that of August, and the death rate from summer complaint is much larger in the former month than in the latter, although other conditions are about the same. It is difficult to explain in all cases the exact way in which excessive heat produces such fatal effects in early life. It has been affirmed that, in accordance with the physiological law of vicarious functional action, the over-stimulation of great heat interferes with the secretive powers of the skin, and hence the mucous membrane is excited to a morbid activity. If such a relation exists, it is probably more

intimate in children than adults. The depressing effect of heat upon the nervous system is familiar to every one. In infants, as the vegetative processes are very active, the great sympathetic ganglia presiding over them hold a very prominent position in their nervous economy, and are hence markedly affected by depressing agents, as heat. Impaired innervation of the stomach and intestines follows, which results in a diarrhoea upon the slightest irritation. Whatever way heat may act, we have in the local use of water a means of stimulating the cutaneous nerves, keeping the skin active, and cooling the infant's body during the summer months.

The Cool Bath.

This brings us to the question as to the best means of using the bath, and the effect of water at different temperatures. The cold bath is generally used for cooling the body; as it quickly abstracts heat from the surface by conduction, there follows a sudden reduction of the temperature. By constricting the vessels of the skin, however, the blood is forced to the internal organs, which are thereby stimulated to functional activity, and hence, as a secondary effect, heat is produced. At the same time the mass of blood, by leaving the surface, ceases to remain in contact with the cool medium. After this temporary rise the temperature soon falls to normal, and equilibrium is restored.

The Warm Bath.

When a warm bath is used heat is communicated to the body by conduction, and the temperature is elevated. At the same time, by relaxation of the

blood vessels and skin, the cutaneous secretions are increased, the blood is withdrawn from the viscera, and a cooling process takes place by means of active evaporation. An increased coolness follows its administration, while a warm sensation often follows a cold bath on a very hot day. Wunderlich states that in tropical countries and very hot seasons no means of cooling is so lasting as a bath or douche of very warm water.

Uses of Certain Additions to Water.

The bad effects of great heat upon young children can, then, to a certain extent be obviated by giving them a suitable bath every afternoon. If the children are old enough place them in a tepid or warm bath, and let them play there for an hour. The skin will thus be kept active, the blood cooled by being brought to the surface, and evaporation continue for some time. The water should not be used warm enough to produce relaxation. In the case of babies too young for the bath frequent spongings of the whole body with lukewarm water will answer the same purpose. A little vinegar or alcohol may be added to the water to aid evaporation. Such sponging is likewise soothing and cooling in the ephemeral fevers that infants and young children have so often as a result of all sorts of irritation.

Various substances are sometimes added to water to enhance its local effects. By putting from a dessert to a heaping tablespoonful of powdered mustard in from two to four gallons of hot water we have a stimulating general bath or a derivative foot bath. The mustard bath may be used in con-

vulsions when it is necessary to take away irritation from the nerve centres by acting on the skin. In weak or scrofulous children the salt-water bath gives good results. It is made by adding about two ounces of rock salt to four gallons of water, warm or cold, according to the season. It should be followed by a thorough rubbing. In

itching of the skin, as from hives, relief is often afforded by the soda bath. Add a tablespoonful of bicarbonate of sodium to four gallons of warm water for this purpose. Many other stimulating and soothing substances make valuable additions to the bath by being combined with the water in proper strength.



Heat Rash.

Miliaria, heat rash, or prickly heat is one of the most common skin eruptions of infants and young children. In itself it is in most cases a matter of little consequence, though not infrequently the cause of considerable alarm. It is of some importance, however, as a sign of improper clothing or feeding.

Symptoms.

Heat rash is an inflammation of the sweat glands, and appears as small papules or vesicles more or less thickly set, attended by burning or prickling sensations. It appears suddenly and without fever or other general symptoms. Each papule is a small red prominence, varying in size from a mere point to one as large as the head of a pin. These papules are sometimes but few in number, but more often very abundant. The skin upon which they

are located is healthy and natural, but may be reddish in appearance. The papules may be crowded, but remain separate, having but little tendency to unite or run together. A few of these elevations may contain fluid, and are called vesicles. The younger the child the smaller is the proportion of vesicles.

The eruption rarely appears upon the hands and face, but rather upon those parts covered by the clothing, especially the neck, shoulders, and about the waist. It is frequently seen just at the edge of the clothing. Parts thus affected are moist or covered with profuse perspiration. The rash is usually accompanied by prickling, burning, or itching, which may be quite intense, causing in young children great restlessness, fretfulness, and disturbance of sleep. The onset is sudden, but the rash passes away gradually,

the color slowly fading, but frequently leaving faint reddish spots after the papules have disappeared. It may continue from a few days to two or three weeks, and in rare instances become chronic and run several months. The disease which it resembles most closely is eczema, which develops slowly, and is accompanied by intense itching, with much larger papules which unite.

Treatment.

The causes are twofold—digestive disturbance, often very slight, and heat. Of these the latter is of much the greater importance, sometimes being the only cause. The treatment and management hinge upon the cause, and it is usually a matter of management more than of medicinal treatment. Too active treatment may do more harm than good. If any medicine is given, it should be an acid—lemon juice is one of the best. It should be well diluted with water, and given at a time when it will not interfere with the food or milk. If the child is debilitated, pale, and thin, tonics may be required before recovery is complete. The food should be of the proper character, and its digestion rendered as perfect as possible. If there is constipation, Rochelle salts should be given at the outset. Local treatment is by far the most effective, and its object should be to keep the parts dry and relieve their irritability. One of the most effective plans consists in bathing the parts with vinegar and water, fol-

lowed by a free dusting with powder. Simple starch powder may be used, or starch with a small amount of bismuth. In some instances itching is relieved by an alkaline wash more than by the acid, and bicarbonate of soda may be used instead of the vinegar. The skin should be frequently dried with a soft cloth, and the powder freely used.

Faulty Clothing.

The removal of the cause is of the utmost importance. In the summer, when the disease is especially prevalent, if the child cannot be removed or protected from the heat, it is difficult to entirely prevent it; and it will appear at every heated term. Yet during the winter and cool portions of the year it is frequently seen, sometimes so marked as to cause great discomfort to the little patient. It is then usually due to faulty dress. A child with legs and wrists but half-protected, and the little undershirt cut so low in the neck as to be a constant challenge to croup and bronchitis, will be found with such a reduplication of clothing about his waist as to develop a full crop of prickly heat. An area of this eruption upon any portion of the body is a sign of over-heat and usually of over-clothing. The proper clothing of a child, by which all parts of the body shall be properly protected but not over-heated, is a matter of no small difficulty, yet one of great importance. Prickly heat is the most distinct sign of error in the direction of over-clothing.



The Mountains.

"Thanks to God for the mountains!" were the words we saw chiselled on a huge rock on the summit of "White Face," one of the stately old peaks of the Adirondacks. We repeated the line and added a hearty "Amen."

Whether well or out of health, the lowlander benefits by going to the mountains, while the mountaineer usually loses something by forsaking his native heights. Now, why are the mountains any more salubrious than the low levels? In the first place, the air is purer. The importance of this need scarcely be mentioned. Many of our ailments are directly or indirectly attributable to the bad air we breathe. The higher the altitude the greater the freedom from floating matter, bacteric, gaseous, and otherwise, so plentiful at the coast level. The air of snowy summits may be regarded as perfectly free from suspended particles and hence absolutely pure; this accounts not only for the coolness and clearness always noticed, but for that wonderful azure tint overhead into which—for there the sky does not seem distant and solid—the traveller gazes, for the first time, with such rapturous admiration. The dryness and rarefied state of the air add to the healthfulness of the mountains. The proportions of oxygen, nitrogen, and carbonic acid are the same at high altitudes as at the sea level. At the height of six thousand feet, for instance, the pressure of the air column is diminished one-fifth, and a given space of air will, of course, contain one-fifth less of oxygen; therefore the lungs must inspire one-fifth

more of air to get the same amount of oxygen. To accomplish this there is a greater activity in breathing, which causes a stimulated circulation and an increased assimilation, with an invigoration of the whole body.

The comparative equability of temperature is another favorable feature of high elevations; and a fourth is the purity of the water.

There are in addition other factors which contribute to the salubrity of a mountain climate, varying, of course, at different altitudes and in different localities, as porosity of soil, an abundance of sunlight, pine odors, frequent changes in the electric state of the atmosphere, etc. These electric changes are dependent upon storms. One of the products of active atmospheric electricity is ozone, otherwise known as "oxygen struck by lightning," "electrified oxygen." Ozone is a powerful oxidizing disinfectant, and, as such, probably serves to keep the air free from germs through its power of resolving all animal and vegetable putrescent matter into primitive and harmless forms.

Caution Concerning Malaria.

While it is usual to find the excellent qualities we have mentioned—remembering, of course, that they vary with the altitude—still now and then we cannot fail to note an exception to the rule. All mountain resorts do not possess the much-to-be-desired immunity from malaria, notwithstanding the bold asseverations of hotel proprietors to the contrary. The miasm may arise

from a pool of stagnant water, the bed of a stream that has been dried up by the summer heat, or a piece of marshy ground lower down on the mountain. Malarial poison can be carried by the winds to great distances. For example, a few years ago we observed that along a certain part of the Delaware River where malarial fever prevailed, not only those who lived along the shore were affected, but also people residing on very high ground at a distance of a mile-and-a-half from the river. Land breezes have carried the miasm to sailors on vessels a mile distant from a malarious shore. However, an altitude of nineteen hundred feet may be considered tolerably safe from malarial infection.

The Water.

Occasionally there is a departure from the rule in regard to pure water. For instance, the water used in two hotels in the mountains of Northern New York is drawn from a lake into which is emptied their sewage and that of two boarding-houses. The well of the boarding or farm house is often in dangerous proximity to the barnyard or sinks. Such water can hardly escape pollution and may be the means of conveying some, perhaps a serious, malady to those who drink it. A pure water is of prime hygienic importance. The source of the drinking-water should, therefore, be one of the first things to be investigated in taking up an abode in any locality. Children, in their unbounded enjoyment of the freedom of the green fields and hills, exercise a great deal and consequently drink a large quantity of water; and water that may not be sufficiently

tainted to produce any noticeable effect in a grown person may cause not a little intestinal derangement or constitutional disturbance in them. While thoroughly boiling the water would, no doubt, obviate any trouble in this direction, still a better remedy would be a removal to a more desirable locality. If the water be obtained from a clear running spring or well that is situated at some distance from, and on higher ground than, any possible source of contamination, nothing need be feared.

Who Should Go to the Mountains?

While almost every one will derive some good from a stay in the mountains, yet there are some for whom the climate seems to be particularly adapted. With a few exceptions, those who live during the greater part of the year near the seacoast improve in the mountains. On the other hand, residents of the interior appear to do better by a trip to the seashore. In certain cases of heart trouble the stimulus of the rarefied air is sometimes too much for this organ and its auxiliaries, and not infrequently is productive of so much suffering that the individual has to be removed to a lower altitude. Children as well as adults may be the subjects of heart disease, either congenital or acquired. Although this may seem strange to the laity, it is nevertheless true. An attack of scarlatina, diphtheria, or rheumatism may leave the little patient with a crippled heart. Rheumatism in children is frequently overlooked; the so-called growing-pains, for which medical advice is never sought, are very often nothing less than rheumatic manifesta-

tions. We mention this merely in explanation of why children's hearts are affected. A child that has any heart difficulty should not be taken to a very high altitude without the sanction of the family physician.

Benefits in Certain Ailments.

The mountains offer special advantages to children who are the offspring of consumptive families, whether they have developed any pulmonary trouble or not. The best treatment for lung difficulties is, of course, their prevention. As has been previously remarked, the tenuity of the atmosphere causes an increased activity in breathing; this produces a greater expansibility of the lungs, with a proportionate development of the respiratory muscles, a more vigorous circulation, and a better nutrition of the body. In some regions, like that of the northern Adirondacks, owing to the presence of extensive pine forests, the air is impregnated with terebinthine odors, which seem to have a beneficial effect on the respiratory organs.

Children affected with "malaria" will recover more rapidly and find a greater security from a recurrence of their ailment on a high elevation than anywhere else, it being remembered, of course, what has already been said on this subject as to selecting a locality. Over-fatigue will sometimes bring on an attack of "malaria" in one who has recently recovered from the malady, even though the individual may be at the time in a mountainous district that is perfectly free from the miasm. This should be considered before too hastily condemning a place that, with a proper observance of the laws of health, may

possess many of the excellent features of an ideal climate.

"Malaria" is here used in the popular sense. It really means the peculiar poisonous emanation from swamps, marshes, and similar places that produces *ague* and kindred fevers. Of late years it has been mistakenly used to signify the diseases resulting from it, by the same figure of speech that describes a man with a scalp wound as suffering from a brickbat. It is also the fashion to attribute all results of careless living, eating, and drinking, including "biliousness," to "malaria."

Because of the invigorating influence of fresh air, cases (even apparently hopeless ones) of summer diarrhœa speedily recover when removed to an elevated part of the country.

Clothing.

Mountain weather is seldom unpleasantly warm; the nights are always either cool or cold, and there is generally a heavy dew. In keeping the little ones covered at night as much care is necessary as during the colder months at home. Light woollen underwear is never uncomfortable. Thick clothing should not be omitted when packing the children's wardrobe. Neglect of this will necessitate a stay indoors during every cool snap, thus depriving the children of the benefits of open-air exercise.

Food.

In the way of food, localities differ. We all know that poor food adds neither to the popularity nor healthfulness of a summer resort. First-class mountain hotels are supplied with everything in season. The fare of the

boarding-house depends upon the intelligence, resources, and generosity of the proprietor. There is ordinarily an abundance of good milk and plenty of fresh eggs, both of which are quite essential to the welfare of children.

Native fruit, with the exception of berries, is not over-plentiful, and is late in ripening. One drawback to some healthful and charming places is the too prevalent use of canned vegetables. This is rendered necessary by the lateness of vegetation. Of course one can get along very well with this class of food, "but we do not hanker after it." As we heard the little cherub who sat at our table last summer say to his companion, after tasting some canned tomatoes that were placed before him: "Here, Billy, you eat dat. I det plenty ob dat at home in de winter-time." Although, perhaps, not aware that fresh vegetables were in any way preferable to those kept in cans for a year or two, still the latter did not strike him as being exactly the proper article for a table in the country.

Precautions to be Observed.

As a rule, children are quite exempt from sickness in the mountains. Contagious diseases are very rare. When a case does appear it is because the contagion has been carried by a child or adult who has but recently recovered from the disease, or by one who goes to the mountains between the time of contraction of the malady and the period of its development. From lack of precaution in clothing during a cool spell, or from getting the feet

wet with the dew, a child can very readily contract a cold that may more than counterbalance any good that might otherwise be obtained from the trip to the mountains. An occasional bruise, now and then a little derangement of the bowels caused by eating unripe fruit or other indigestible substance, and once in a while poisoning by some plant, about comprise the principal ailments met with.

The Medicine Chest.

As drug stores are few and far between, it will be well to be provided with a few simple remedies, even though there should never be any occasion for their use. A three-ounce bottle of castor oil or four ounces of aromatic syrup of rhubarb, two ounces of syrup of ipecac, one ounce of essence of peppermint or ginger, two ounces of spirits of camphor, one ounce of sweet spirits of nitre, three ounces of tincture of arnica, an ounce of bicarbonate of soda, a flask of good brandy, a small vial of smelling-salts, a box of mustard (to be mixed with flour or meal in making mustard plasters), some adhesive plaster, a bottle of vaseline, and a package of old muslin, together with such other articles as individual peculiarities may demand, will make an available medicine chest for the mother's use. Each bottle should have a label denoting the contents, dose, and for what purposes to be used. If a doctor can be had, it is, of course, best to consult him, no matter how apparently slight the ailment.



The Preservation of Milk.

The question of the preservation of milk is always in order, but it is particularly pertinent to warm weather, and our attention is called to it at present by the inquiry of a correspondent for a means of preventing change in milk during a thunder-storm. It will be proper to say in starting that in the present state of our knowledge it is difficult to conceive of milk spoiling without the presence in it of some ferment. Having on a previous occasion spoken of it, we may omit from consideration the peculiar change characterized by the presence of tyrotoxicon, which occasionally produces violent symptoms in those who have taken cheese, ice-cream, or anything else containing this substance; what we now have to say refers to the ordinary "souring" or "turning" of milk.

The Relation of Thunder-Storms to the "Turning" of Milk.

The souring of milk suddenly occurs sometimes during or near a thunder-storm. It does not happen in every thunder-storm, and it does not affect all milk in the same thunder-storm, which facts, together with the belief already mentioned that no fermentative change can take place without a ferment, justifies us in saying that the effect is not directly due to the electrical disturbance at all. The kind of weather usually preceding or

accompanying a thunder-storm doubtless is favorable to the growth of ferments, and it is not improbable that the electrical disturbance may also favor their development. We do not often hear of milk brought to the city, after being well cared for at dairy farms and in transit, and kept chilled after distribution, being affected by thunder. Nor do we find that dairy-men are much troubled by this accident. The inference is that if the milk is kept always, till used, at a temperature low enough to prevent ferment growth, it will keep sweet, and that any failure is due to some defects in details of care.

The Value of Boiling.

But we have a resource which is certain to keep milk sweet if properly applied—*i.e.*, boiling. The whole study of fermentation and sepsis and their prevention (a study, by the way, in which the researches of the distinguished Pasteur have been a thousand-fold more valuable to human life than his much more sensational study of hydrophobia) has emphasized the importance of the details of cleanliness. When any experiment is to be made, the most elaborate precautions are taken to insure the sterilization of everything used except the one substance which is to be investigated:

every vessel, receptacle, instrument, liquid, or other medium made use of is "sterilized"—that is, deprived of organic life—and, further, is kept sterilized. One of the most commonly used and effective ways of sterilization of liquids is boiling. Milk presents no exception to this rule, if the process is rightly conducted.

Best Method of Preserving.

Every housewife is familiar with the process of preserving, and is aware that if she seals or hermetically closes her cans while the contents are at boiling heat and the small quantity of air contained in the vessel is also at the temperature of the vapor, she may keep her preserves for a very long time, if not indefinitely. Milk itself when condensed is so treated, and the whole canned-goods industry depends upon this well-known fact. It has been shown that fresh milk can be treated in the same way with like success. It does not often occur that milk need be kept beyond a day, but it may easily be kept longer than this time if, granting it was sweet when received, it is put at once into a clean preserve-jar, placed in hot water, which is raised to the boiling-point, and closed while steaming, in the same way that preserves are closed, by screwing on an air-tight cap. Occasions may arise, such as travelling in hot weather, when it is necessary or desirable to have good milk always ready. In such cases it is preferable to have the containing vessels small, so that once opened their contents may be speedily used. The best vessel, which is easily obtained, is the strong, round-bottomed bottle used for ginger ale, soda water, and

other carbonated drinks. If they have well-fitting rubber stoppers with lever fasteners they will do. If the stoppers are worn so that their fitting is inaccurate, reject them. An ordinary rubber cork is perhaps best of all. A contemporary suggests as a convenience a wire egg-boiler for handling the bottles in the hot water. If one is not at hand, tie the necks of the bottles to sticks long enough to cross the top of the boiling-kettle (some of our readers may be familiar with the device from having seen tallow dips made), and as one is ready to cork, raise it by the stick, seize the neck with a folded towel, cork quickly and tightly with the rubber cork. If the process is well done the milk is safe for a longer time than it will probably be needed.

Lime Water and Other Alkalies.

A word may be in place as regards the use of the alkalies in milk. Some misapprehension probably exists as to why they are used. They are, both lime water and bicarbonate of soda, used with reference to changes which are anticipated after the milk has reached the stomach, and they are also useful to correct the greater acidity of reaction that naturally exists in cow's milk as compared with human milk. The suggestion is sometimes made to add soda bicarbonate to milk when it is received. If this is simply a method of adding the alkali once for all, and other means are taken for preserving the milk, it is well enough. But it should not be supposed that the alkali is itself a preservative. It is true that it may, by neutralizing some acid, prevent the change that has begun from being at once recognized; but it does

not really retard the change. No one, we presume, would think of giving a child milk known to be sour simply because the addition of alkali took away the acid taste or smell; and the procedure would be no safer if the alkali were added in advance of the change. We think, therefore, that it is more prudent on the whole not to put in the alkali until the milk is to be used, so

that any change may be recognized as soon as possible, which change ought not, however, to occur if the milk has been boiled as directed.

One word more. If any one should find that the boiled milk is really constipating to a child, an extra amount of soda bicarbonate or a little phosphate of soda will generally remove the difficulty.



A Talk About True Economy.

I.

I received the impression from my first reading of *BABYHOOD* that it was largely written with reference to the well-to-do class of society; but as it is an accepted fact that men of intellect and talent are often lacking in the faculty of making and keeping money, it follows that many refined and intelligent persons will always be poor, and therefore many poor young mothers must take and read *BABYHOOD*. To them I wish to speak a few earnest words right out of my own heart and experience.

Whether you take Emerson as an infallible guide or not, he has at least uttered one sentence which you cannot afford to forget for a day: "They only are poor who *feel* poor, and poverty consists in feeling poor." If you have not the nature or the will to believe

this heartily yourself, at least see to it that you do not let your children feel poor. Remember, in the first place, that they are not poor. I often think of the answer given by a little school-girl to a friend who had remarked sneeringly: "Mary Jones would be in the poorhouse if it wasn't for her relations."

"Where would any of us be if it was not for our relations?"

We bring nothing into the world, and yet the world is all before us to conquer. A child's riches are wholly of heart and mind. See to it that you do not deprive him of a tittle of his inheritance. Now, feeling poor is nothing but feeling the lack of something which we cannot have. And in order to keep our children from feeling poor we must, in the first place, lead them to

long only for things which they can have. This is a much easier matter than may appear at first sight. A healthy, natural child wants very few things which he cannot have. He wants good food and plenty of it, but very plain and simple kinds will do unless his tastes have been perverted. He can easily be led to relish bread and mush and milk for an almost constant diet, if each article is good of its kind, and will appreciate an orange, piece of sponge cake, or a dainty custard a thousand-fold more when given as an occasional luxury than when taken as a matter of everyday necessity. If you can stop the orange, banana, pineapple, or ice-cream man for his benefit once in a while, he will have a sense of absolute luxury; whereas if you keep the cooky and doughnut jars constantly full, but let these tempting fruits go by day after day through the long summer, with the fretful sigh, "Papa is too poor to buy such things, Johnnie," your child will soon catch a dissatisfied, longing, envious spirit, and may begin, when in his third or fourth year, to murmur at his hard lot.

He needs clothes, but as long as they keep him warm in winter and reasonably cool in summer, and do not impede his movements or spoil his play, he cares little for their fabric and nothing whatever for fashion. The great trial of my fifth and sixth years was a blue plaid silk pelisse which rustled annoyingly in church. It was made from a dress of my mother's, for economy's sake, but it was really very beautiful, and my little girl wears to church this summer a dress made from that very garment. But oh! how much

prettier in my eyes were the little French calicoes in which I romped about the yard all the week through. I am glad mother never said, as she might have done: "This is an elegant silk, Edie, and no other little girl in the village has half so nice a cloak." And I am glad, too, that she laid it away when the sleeves were worn and outgrown, and did not make it over for every-day, calling to me continually, "Get up off the grass or you'll ruin that dress!" or "What do you mean by skipping rope with that beautiful silk? You know I can never afford to buy you another like it."

There are few sadder sights in the world than a little child conscious of or hampered by his clothing. Never keep a child away from church, Sunday-school, kindergarten, picnic, or any place which he would otherwise attend, merely on account of the state of his wardrobe. Nothing will more surely inculcate a shallow, contemptible, false pride and feeling of poverty. If the best stockings have dams in the knees, and the best shoes have been used for every-day until the toes are beginning to crack open, and the spring suit is not ready, brush up the clothes, polish the shoes, and put on everything as a matter of course, keeping the sighs, if they must come, for the privacy of your own chamber, and start for church joyfully. If, through the remarks of companions or an innate fastidiousness, the little one notices the defects, say earnestly and cheerfully: "Never mind, darling; they are the best you have to-day. We don't go to church to show our clothes to our heavenly Father, do we? but our bright, happy hearts and faces."

I believe there is room for a great deal of true economy in this matter of best clothes. My little ones always have theirs removed as soon as they come from Sunday-school, for with these very little ones—ages three, five, and seven—Sunday afternoon has plays of its own, not like the weekday ones, but equally disconnected with raiment. In this way the best dresses are never seriously defaced until outgrown, and do not need to be of expensive material. Paul's new suit cost less than two dollars, lining, buttons, and all, for I made it of pretty, light-weight, all-wool cloth from a dress-goods counter, and lined it with extra silesia stitched into the seams besides the regular neat finished lining. I wonder that more mothers do not make their little boys' suits; with good and careful pressing they can be made to look just as stylish as the ready-made, to say nothing of the nice button-holes and comfort of extra trousers, buttons, and pieces for patching. This suit will last until outgrown, probably two years; and even if he wears it out in a month at school after that, I can feel that I have had my money's worth, and the sum I saved on it will enable me to make his next school suit of strong, genuine Scotch tweed which will stand a long siege of wash and wear.

My other little ones have thus far been attired for dress occasions, and often for all occasions, in garments made from the cast-off wardrobe of aunts and grandmothers. But one thing I will have, and advise you to have likewise, and that is a goodly lot of gingham dresses for summer and aprons for winter, made in an afternoon and ironed in five minutes. It is

just as easy to make them stylish as dowdy nowadays, when ruffles have "gone out"; and a set of rickrack or crocheted collars, which your sister or aunt will make for you if you have not the time, will keep them looking neat and cunning all day long every day for two years, if you iron the collars yourself. It only takes a minute for each one. I believe the many compliments I have had on the generally neat appearance of my little ones have been caused more by the pretty white collars which they have scarcely been without a day since their first year than by anything else; for their shoes are often woful, and their stockings—oh, dear! one mass of darns. I have a presentiment that collars are "going out"; they have already become perfect capes, and I have anticipated a reaction and put ruffles instead in some of Agnes's dresses. But some finish in the neck there shall be. Self-respect demands it. My children shall be taught to be as neat and clean as is consistent with their employment, all the time, for the sake of father and mother and home, not merely in the afternoon because "some callers may come." Far better the little blue and white ginghams all day long than a faded, ill-fitting calico in the morning for the sake of a dainty muslin at three.

Never, if it is possible to avoid it, let children be kept in the house till the dew is dry, for the lack of rubbers, or from school or a snow frolic for lack of rubber boots. That makes a child feel very poor indeed. He would much rather have these than a pair of French kid boots for best. I groan for the ill-taught little one who would prefer the latter.



How Little Children Study Nature.

This morning my little boy (five years old) was amusing himself by cutting open seeds to find their germ. He had been soaking the seeds between two pieces of wet flannel in a basin under the stove, and the shapes and sizes and colors of the various germs furnished him with a most fascinating amusement. He got the idea of his flannel-garden from Jacob Abbott's "Caleb in Town." This, I know, is a small beginning, but still it is a beginning, of the study of botany. The knowledge obtained is slight, but the development of the power of observation is great; and this is one of the most important faculties to develop in young children. Too many people, young and old, go through the world without a suspicion of the wonders they are treading under their feet.

Besides being useful, the study of Nature is fascinating to most children. But they must have their own simple way of pursuing it, and not be burdened with what is only suited to older people. Their forte is observation of the simple objects of nature.

I know a little boy, of about four, who for a whole summer spent many hours every week examining the spider webs round the yard and garden. Each web and its occupant had an individual interest for him, and he noted with wonderful accuracy the peculiarities in the building of web and the mode of securing prey. The spiders

had their loves and their hates, their plans and their surprises, and the little boy enjoyed their world as he might fairy-land.

Another child, about five years old, enjoyed hearing Wood's "Homes without Hands," and the hour before tea each night was devoted to reading it to him. His parents had lately received a bird-cherry tree, and it was planted on the front lawn, where he often played. One day he came into the house in great excitement to say that he had discovered a tent-caterpillar's nest on the cherry. He had never seen a real one before, for the State where he lives has not the curse of the New England trees. He had merely seen the picture in Wood; still his discovery saved the trees of a whole neighborhood from destruction.

If children were not so often taught by their parents and nurses the ridiculous theory that toads make warts and that they are "horrid, nasty things," I am sure they would find great entertainment in feeding the toad with flies and other dead insects they may pick up. We have had pet ones in the garden every summer, and many a hot afternoon has been beguiled by feeding them. The toad's air of lazy indifference really increases the entertainment, for the quick dart of his tongue is a surprise each time. One can soon accustom them to being fed. The children made one useful discov-

ery while feeding them, which is that they will eat currant worms.

Tadpoles from any pond or roadside ditch are always entertaining pets. Any basin of water with a little mud and stones at the bottom will give them a happy home, and their changes are rapid enough to interest a child. The little feet come out so prettily and the poor little tail dwindles and falls off, and we have our tiny frog or toad, a perfect image of his larger brothers. I am sure any child who has once watched these changes will never need to be reminded of them in his study in after-life.

The bees that frequent every garden are also capable of furnishing pleasure and profit to a child, if the notion of fearing them can be avoided. Teach the child not to molest them—let him fear the consequences of that—but do not teach him to fear them when they are quietly doing their work in their own way. There is many a child to whom a garden is rendered miserable by fear of these harmless creatures, which might all the time be his companions and not his foes. The great, buzzing bumblebee coming out of the hollyhocks gives one a nice story to tell a child. He can plainly see the dusty pollen on the bee's legs and body, and we can tell of his little brushes and baskets and the "bee's bread," as well as his store of honey. My little boy has also been much interested in the bees mixing the pollen of flowers and causing the varieties of color. He has noticed it particularly in his special bed of petunias in his own garden, where he revels as he likes.

It is a very good plan to give a child some plant or plants for his own. If

your garden is choice it saves the other flowers without the constant annoyance of refusal. I find that my garden never contains the wonders in my baby's eyes that his own does. His is mostly, as I have said, a great bed of petunias. They are emphatically children's flowers, growing quickly and blooming profusely, and with enough variety in color to make each flower a surprise. The little child in taking his flower to pieces—and that, of course, is always his first desire—soon finds that the pistil and the seed vessel are connected, and soon he wants to know what the seeds are and what they do. The story of this can be made charming to almost any child who has become interested in the seed cups. The seeds themselves are a great source of pleasure to children as the season advances, and they learn much about their shape and arrangement when they are apparently merely playing with them. What baby who knows anything of a garden has not spent happy hours playing with hollyhock cheeses? A doll's tea party on a stump under the trees often rejoices in no other food than hollyhock and nasturtium seeds; and yet such gayety would be welcome at many a grander feast. It is not in a child's nature to go solemnly from plant to plant, studying them; and it is well that it is not so, for it would take all the heart out of it. Children play with their seeds, and flowers, and roots, and beetles, and worms, and know them as a part of daily life.

I knew a little invalid who remembered many happy days with the green inch-worms that fell from the linden trees for her only playmates. She did

not in the least envy the gayeties of the stronger children, so content was she with her little green friends as they measured the squares on her apron, or spun silken threads from the leaves above her head.

There can be no surer way of teaching little children color than by interesting them in the garden flowers. Girls generally learn colors some time in their lives, both from choice and necessity; but boys have but a poor chance unless we begin with them while young. I find that my little boy, who has spent the greater part of his summers in our garden among the flowers, not only knows all the primary colors, but has a wonderfully quick eye for the different shades, and often detects various tints in certain mixed shades.

I have found the true names as easy and pleasant for a child as any invented, babyish ones could be. Indeed, I was called to account by a little boy

last summer when I inadvertently called petals leaves. It is of great value to the child to increase his vocabulary, to give him more material for expressing the ideas that are coming upon him so fast.

The garden in the early morning is sometimes covered with mist or fog, and I have found it a great help, in easing Baby's disappointment while he cannot go out, to tell him to watch the fog and see it rise and rise, higher and higher, till at last it floats off over the tree-tops, and he can see it only as a white cloud sailing in the blue sky above him. The clouds, with their ever-varying forms, will thus become some of Baby's friends. He will be getting at home in Nature.

These are a few of the ways in which I have seen children study Nature, but, of course, there are many more, as endless in number and variety at Nature herself.

R. D.

Nursery Problems.

Milk Diet; Possible Harm Done by a Nipple.

To the Editor of BABYHOOD:

My baby, who is now a year old, weaned himself at six weeks, although I had plenty of milk. I then fed him on condensed milk, on which he thrived up to six months; from this time he lost weight for over two months. As the doctor said it was indigestion and ordered change of food, I tried three kinds of food, giving each a fair trial. I also tried cow's milk three times, and at last was successful, and ever since I have been giving it to him; at present he takes eight ounces every four hours, that is, from nine to nine, making it one quart a day. Although he is up to the standard, I fear

that if I continue giving him nothing but milk I may have trouble in the summer.

(1) What would you advise me to do?

My little girl is two-and-a-half years old, and takes a nipple in the day as well as night. At present she has blisters on her lips and in her mouth; her breath is offensive; she is feverish and her tongue is coated.

(2) Could this condition have been caused by the nipple?

New York City.

H.

(1) Continue the milk, add gruel, strained at first, becoming gradually thicker. He can have crusts of bread. There is no haste to reach solids. In

summer the milk can be pasteurized or sterilized, if necessary.

(2) Yes.

Total Weaning Advisable.

To the Editor of BABYHOOD:

My youngest child is now a year old, and I have been gradually weaning her. She nurses only once during the twenty-four hours—about twelve or two o'clock at night—and I suppose gets very little nourishment, but clings to it from habit. She has, besides that, four meals—at half-past six, half-past ten, half-past two, and half-past six. The dinner meal is a beef broth made with strained rice or oatmeal, or consists of a soft-boiled egg or the yolk of a very hard-boiled one; and I have been giving her orange juice with this meal, as she is constipated. At her other three meals she has about half a pint of milk, made of top milk and sweetened water, according to your directions. She is well, weighs seventeen pounds, and has six teeth. I would like to ask:

Are the intervals between her meals correct, and does she have as many as she should and enough to eat?

Should I give up the night-nursing, and should she then have any meals between half-past six P.M. and half-past six A.M.?

I have come to regard BABYHOOD as authority on all points concerning the children, and I cannot measure the help it has given me nor express my appreciation of it.

R. L. H.

Probably it would be better to give another bottle at your bedtime and give up the suckling altogether.

The Feeding of a Restless Child; Questions of Diet and Weaning.

To the Editor of BABYHOOD:

I am a new subscriber to BABYHOOD, but have already profited by some of the Nursery Problems. I now want your advice.

My baby is an eight-months-old boy, weighing eighteen and one-half pounds. He has been troubled with his digestion since birth, and has taken ten drops of pepsin regularly after each nursing since the second week. He has severe colic spells

every day. The ordinary remedies—peppermint and injections, both warm water and asafoetida—have little effect. Lately we have been giving him one-and-a-half tablespoonfuls of warm water before each nursing with much success, but now that appears to be growing ineffective. (1) Can you suggest any other harmless remedies?

(2) I should further like you to advise me as to weaning the baby. I have consulted several doctors, two of whom have advised me to nurse the baby during the coming summer months, and another has advised me to wean the baby at nine months. What shall I do?

(3) May I further ask your advice as to feeding the baby? Would you advise me to feed him a little each day from now on, and would you recommend oatmeal or farina water, and how should it be prepared? How much should be fed him at a time, and which is the best time of day to feed him such prepared foods?

My baby is a very light sleeper. Eight hours' sleep at night we regard as very long. He sleeps further one-and-a-half to two hours in the morning and an hour in the afternoon. He further cries out frequently in his sleep, waking up unless promptly "tended," soothed, and patted. Can you suggest any remedy, and does he sleep long enough to insure proper growth?

Wollaston, Mass.

W.

The child has a weight above the average for its age. It seems to have always had indigestion, has now colic, and is rather a poor sleeper. Nothing is said as to teething or the state of the bowels as possible causes of his discomfort and restlessness. Supposing this to be right, one would next inquire whether the breast milk is over-rich or over-abundant. Probably not the latter after eight months. As to the specific questions:

(1) We prefer the hot water to drugs for the cure of colic. If any of the suggested causes exist and can be relieved, the colic may be prevented.

(2) Unless a breast is unusually bountiful in its supply, we prefer to have a child weaned before it is a year old, if that age will fall in hot weather. An ordinary breast will not properly nourish a child over a year old; and if the attempt be made to go through a second summer, weaning must be carried out or supplementary feeding begun in hot weather, which is not a desirable time to begin experiments of the sort.

(3) Supplementary feeding, we think, would better be begun at once. Make a food of top milk and oatmeal or barley water. Top milk you may obtain for a child so old by taking the upper half of a bottle of milk which has stood three hours. Dilute the milk with at first two parts of barley or oatmeal water. If well borne, gradually diminish the proportion of the water till equal parts are used. The easiest way to make barley water is to purchase the prepared barley flour. On the packages are usually directions. An ounce of white sugar may be dissolved in a pint of hot barley water, and this may be used to dilute the top milk. The bottle is to be given in place of one nursing, watching its digestion. If it agrees, substitute two bottles and gradually advance until she is entirely fed. Begin with six ounces for a meal and increase as seems necessary. Feed once in three hours.

Summer Affairs of a Six-Months-Old.

To the Editor of BABYHOOD:

(1) My little boy now being six months old, and taking nothing but cow's milk, how soon shall I give him anything besides milk, and what should it be? The milk seems to agree perfectly with him; he has never had a sick day, but he is so fat and

strong that it seems as if he should have something more substantial soon.

(2) What are the exact articles of clothing he should wear at night in the summer time?

(3) How soon should he be put in his chair?

(4) What is suitable for trimming for a short Mother Hubbard of white cashmere for summer wear?

(5) When should the intervals between his meals be lengthened to having three meals a day? And what should be the hours for them?

Mansfield, Pa.

G.

(1) If he is doing well now, make no change until the cool autumn weather has "come to stay." The fact that he is fat and strong is a reason why he should be let alone, not why you should change. He should have only cereals in addition to the milk when he begins to change.

(2) A soft flannel shirt; a loose cotton flannel skirt long enough to wrap up his feet; and a cambric gown.

(3) As soon as he can sit up. If well grown and firmly knitted together, he should have begun before this.

(4) A simple wide hem at bottom; on the falling collar guipure, or oriental, or some other of the inexpensive laces now so fashionable.

(5) Few children can do with only three meals a day until they are above two years old. They usually at that age need meals at (say) seven, one and six, with a light lunch about eleven, and sometimes a little milk or bread in the afternoon unless they have a nap.

Dread of the Second Summer; Summer Dress.

To the Editor of BABYHOOD:

(1) Why is a baby's second summer always the most dreaded? My little boy is just over a year old and cannot boast of one

tooth. Will it be harder on him than if he got them when younger? He is a big, fat, healthy boy, and very strong, quick to learn anything and to imitate. What months are the best to take little ones out of the city, and do you know of a good place to go to for change from Brooklyn, not too far away?

(2) How ought a baby, expected in July, to be dressed—with just a linen shirt or linen and flannel both?

G. K.

(1) We do not know why the second summer is so much dreaded. It is not more fatal than the first; on the contrary, is much less so. The only explanation we ever heard of this peculiar dread was from a lady who said: "It is because the baby lost in its second summer is much more missed than one lost in its first." We do not know that teething will be harder because it is late; but if the child has reached a year without teeth he is probably not so strong as he looks. If you can be away so long, leave the city from the middle of June to the middle of September. If you must be in town some of that time, it is usually safer to stay in until July than to return too early. Probably the south side of Long Island is your most accessible place that is salubrious.

(2) Linen and flannel both, or at all events something woollen over the linen shirt.

The Tubeless Nursing-Bottle; When to Give Solid Food; Sour Stomach; Flannel for Summer.

To the Editor of BABYHOOD:

I want to ask a question about the nursing bottles without tubes, which are so much recommended. One of their strongest recommendations seems to be that the baby must be held to be fed.

(1) Now, how is the baby to be fed at night? Must it be taken from its warm

crib and held? It seems to me that would be a dangerous thing to do in this climate, where the thermometer goes occasionally to 20 degrees or more below zero. Is it possible to use those bottles at night without taking Baby up? No mother ever thinks of sitting up in the night and holding the baby to nurse it, so I hardly see why that is any more the nursing position than lying down.

(2) When, in your judgment, ought I to begin to add other food to the milk for my baby, who was a year old recently, and has been fed on cow's milk since three months old?

(3) If bicarbonate of soda is used with the milk, how much should be used? What can be done for persistent sourness of the stomach? I have tried lime water and soda, though the latter perhaps not in sufficient quantity.

(4) Is there any grade of flannel specially adapted to summer wear for babies? The ordinary fine baby flannel seems too warm when the thermometer is at 90 degrees in the shade. It makes my baby perspire and seem uncomfortable, when without it she seems cool and comfortable, and it seems to me as if one in a perspiration were more liable to take cold.

St. Paul, Minn.

R. C.

(1) You have misunderstood the directions; it is the bottle, not the baby, that must be held. The baby may lie in his crib. The particular dangers of bottles with tubes lie in the carelessness of attendants, who let the baby have its bottle to suck or not, as it pleases and when it pleases; the milk being warm or cold, fresh or stale, as may be. There is also the danger of the collection of filth (fermented milk, etc.) in the tube.

(2) In the autumn, if your child has grinding-teeth, it may begin on cereals with its milk.

(3) If given for sourness of the baby's stomach, it is more efficient

when given *after* feeding, mixed with hot water. Mix a quarter of a teaspoonful to a teacup of water, and feed to the child a few teaspoonfuls at a time. If the baby has a persistent sour stomach, much may be done; but to answer the question is to open up the whole subject of infant feeding, which is too long for a "Problem." One of the commonest causes of sour stomach is the use of cane-sugar in the baby's food. We do not know if you give this or not.

(4) Flannel garments for summer wear must be loose as well as thin, and, as we have insisted elsewhere, the multiplication of layers must be avoided. Flannel does not excite the perspiration, but it does retain it to a certain extent and make it more evident.

Condensed Replies to Various Letters.

L. G., Arbuckle, Cal.—Until summer is past continue with your diluted milk, and defer experiments in food until cool weather. He is slow in teething. Very little fruit can be given to children before two years of age, but, on account of his constipation, begin with the orange after the hot weather. He can be weaned from the bottle whenever he has learned to drink properly. There is no fixed time. He should not be fed between his bedtime and morning.

T., Lawrence, Mass.—The white-fleshed fishes are generally digestible food, but they should be fresh; therefore you would better delay until the proper season arrives. Cold-storage fish we do not think advisable for young children. Have the fish roasted or broiled.

P. D., Elmira, N. Y.—You see by your own experience that your physician has been able to suggest to you a food which has agreed when milk seemed not to do so. Trust him further, and we believe that you will do well. At all events, he is responsible for his opinions and will do his best to give such as will benefit you, while the very persons who are nagging you by mischievous meddling with your child's food would be the first to desert and criticise you when the damaging results of following their advice became manifest. The tendency to meddle without knowledge in matters of hygiene and medicine is extraordinary. Extraordinary, we say, because the same persons would not venture to advise, for instance, about a small pecuniary investment. Speaking of popular ignorance of the whole subject of dietetics, Sir Henry Thompson says: "Yet nothing is more common—and one rarely leaves a social table without observing it—than to hear some good-natured person recommending to his neighbor, with a confidence rarely found except in alliance with profound ignorance of the matter in hand, some special form of food or drink, or system of diet, solely because the adviser happens to have found it useful to himself!"

M. A., Durham, N. C.—Strictly speaking, and from a scientific point of view, it is wrong to keep, for future use, any part of a bottle of sterilized milk. In practice, however, when the milk can be kept by itself in a clean refrigerator, harm rarely comes from so doing.

R., Omaha, Neb.—We cannot ap-

prove of your method of external medication, such as the dropping of oil or warm milk into the child's ear. If you notice any symptoms of the recurrence of the discharge, consult a specialist in such matters.

O. H., Braintree, Mass.—Only a small quantity of meat should be given to so young a child, and that but once a day. This meat may be represented by beef juice or a properly prepared broth or an egg; and milk need not accompany it. Rice or farina or toasted bread and good cold water, with a few candies for dessert, are much better.

L. V., Detroit City, Minn.—It is a great mistake to interfere with the child's natural attempts at walking. She should be allowed to creep about undisturbed, and when she shows a desire to stand up by trying to lift herself up on an object, then a chair, or some object properly protected, should be pushed in her way and further developments awaited.

N. D. S., New York.—A hereditary or congenital malformation of the interior of the nasal cavities may be the cause. If a marked malformation exists in the nose, it will surely be a cause of catarrhal trouble later in life. The specialist frequently meets such cases, and is usually successful in correcting them after the child is sufficiently grown to be under some moral control.

Anxious, Atlanta, Ga.—Such cases as you describe are common. Scrupulous care of the parts—washing with water and then with a saturated solution of boric acid—is generally enough for local treatment. Tonics are usually needed. If the flow does not quickly disappear, consult your physician.

E. L., Goshen, Ind.—The laxative alluded to is a mixture largely advertised and probably not very harmful, but we never recommend such things for habitual use. We think the plan you have followed to be better than the use of laxatives.

Baby's Wardrobe.

A Baby's Story of the Gertrude Suit.

I, Baby Jeanne, want to say a word of gratitude to BABYHOOD, which introduced the Gertrude suit to my mamma; nor must I forget Dr. Grosvenor, the inventor.

Since my birth I have been so free and untrammelled that it has been a pleasure to twist, bend, and double myself into every possible position. BABYHOOD makes a mamma think. Mine has been reading it for about

five years, and as a result I have profited, especially in regard to food and clothes.

At the very first—that was a year ago this March—they put on me a band, a high-necked, long-sleeved knitted shirt, a double diaper (one folded into a pad inside the other), a pair of woollen stockings pinned to the diaper, the combination-suit next, and over all a thirty-six-inch long flannel dress. Being so free to move, I did

so and kept warm in consequence. At the end of two weeks they started ridding me of that nuisance—the band. They tore off a half-inch strip daily, first horizontally and then vertically, till it was so small it didn't count. I tell you after that I was a kicker and a wriggler. It was a pleasure to be alive. Then, as the warm weather came on, they left off the outside dress, and over I began to roll, there being no hindering skirts. By this time I was in the country, camping out. It was so warm I pulled off my stockings, and then mamma left them off. On very warm days the only thing on me was my dear friend, the flannel combination. We were camping on a bit of wooded beach of papa's, so I got a salt-water bath every day from three months of age till the end of the summer. Mamma put me in the water and I liked it. It refreshed me, gave me a shocking appetite, and such a long sleep afterward. But my mamma says I was prepared to like it by the daily cool sponging I had always had the first thing in the morning.

Well, by five-months-old I was creeping all over, and mamma was so sorry to have to put on a dress again over the combination. Though it was a short flannel one, it hindered me, and so hampered my movements that they became less sure. So mamma thought it out again. The result was an outside combination apron, just the same shape as the inside one, but made of stout gingham. This was done in spite of the protests of otherwise intelligent relatives. So the one bothersome skirt was gathered up inside of

this, giving me blessed freedom and keeping me warmly padded. At seven months and one week I began to stand up at chairs (of my own accord, as my papa and mamma are too sensible to allow me to be forced).

At eight months I was finding my way nicely along, holding on to chairs. At eleven months I took my first little walk alone, and now at twelve and one-half months I can walk independently wherever I want to go. I also climb up and down stairs, climb up on my nursery chair, then get hold of mamma's chair, haul myself up on it to look out of the window. Here I always take hold of the back of the chair and dance and shout for joy. I also climb with ease to the top of brother's high chair and dance there, for it stands next the buffet, on which there is a cut-glass pitcher I have had my eye on for some time.

I forgot to state that my legs are as straight as a whip, in spite of prophetic head-shakes. I have had very few falls because, though plump, my body is very supple, and I can balance myself well from so much active experience. May this little tale of my emancipation reach some mamma who is at present held down by some old-fashioned notions of her mother and her mother's mother before her. Above all, may it reach that mamma who is selfish enough (though unconsciously, perhaps) to allow that bugaboo, "appearances," to stand in the way of her baby's growth, comfort, and happiness.

Your grateful admirer,

JEANNE.

Our Success in Child-Training.

Under the above title the Contemporary Publishing Company has issued a volume which will doubtless prove of particular interest to the readers of *BABYHOOD*. It covers a wide range of topics on those subjects of child-training which perplex all mothers. Many of these nursery experiences attracted, when originally published in the columns of *BABYHOOD*, a good deal of attention and were widely copied and discussed in other journals. In their present form they will be of unique value to young mothers seeking for guidance in the difficult task of early starting their children, mentally and morally, in the proper direction. Of

theories on the subject of child-training there is no lack; here may be found for the first time the thoughtful practices of many mothers, of varied views but of single purpose, who speak out of a rich fund of personal experience. Not the least valuable chapters of the book are those in which there is disagreement as to the treatment of a particularly knotty question, as witness "A Dilemma" and "Who Was Right?" Occasionally an interested father is drawn into the discussion, and this intrusion, it is thought, will but add to the zest with which this volume will be read by all who believe that education cannot begin too early.

A Reformed Primer.

I.

It is a painful truth that we people of the Anglo-Saxon race have a sad heritage bequeathed to us by our forefathers. Our first steps toward the acquisition of knowledge are hampered by artificial fetters, unknown to many nations less advanced in civilization, which have descended to us from the remote past, and which, unable ourselves to shake them off, we transmit in turn to future generations. We have unlearned an art which mankind possessed in its perfection thousands of years ago—the art of expressing by definite and unambiguous graphic signs the words of a spoken language. We have to lead our children toward the temple of learning over a path so rugged and tangled that only the con-

sciousness of having traversed it ourselves prevents us from grumbling at the task before us. What can be more barbarous than to have to teach a child words like these? *Bought, plough, though, rough, cough, through, lough, hiccough; you, ewe, hew, hue, Hugh; I, eye, aye, lie, by, buy, dye, high, height, aisle, isle, eider*, the same sound expressed by twelve different symbols. Although all the various sounds of our language can be counted by running over our fingers three or four times, yet after years of schooling we are generally far from being able to decipher readily, without hesitating, all the familiar words that we as children hear from those about us.

The process of learning to read Eng-

lish ought to be considered under two aspects. It is one thing to know how to read and another to be able to read. We can readily teach a child of four or five years of age how to read—that is, to make him understand the art of deciphering written words according to fixed rules; but when this ability has been acquired the real task of learning to read is still before the English-speaking child. The first part of the process may be a matter of a few weeks, the second is usually one of years. In a language in which the orthography is as simple and rigid as in the Spanish we may say that to know how to read is to be able to read. Every combination in that language is pronounced according to the values of the individual letters. *Ch*, *ll*, and *l* are each considered as single symbols, each having a separate place and name in the alphabet. The monstrosities of the English orthography create the second stage of the process which we have to go through. But already at the beginning, long before it is necessary to introduce our little pupil to this second chaotic stage, we are confronted with the peculiar difficulties presented by the deficiencies in our alphabet, by the want of accordance between the sound-values of the symbols and the names which they bear. There is nothing, for example, in the name of the letter *h* (*aitch*) to suggest its value as a phonetic symbol. The names of the letters *a* and *u* do not enter to the faintest extent in the sound represented by their combination (*cause*, *haul*, etc.)

Accustomed as we have been to the functions of our letters from the time when we mastered them in our childhood's struggles, we are barely able to

realize the absurdities of our orthographic apparatus. It appears quite natural for us to call the letter *h* *aitch*; it is almost difficult to imagine that it could have a different name. In fact, however, *aitch* is no more appropriate a name for the letter than would be *James*, and is much less so than *Henry*. Suppose we were to teach a child to spell "hat" *James a te, hat*. This would not be a bit more ridiculous than to teach him to say *aitch a te, hat*; indeed, less so, for we should have substituted a familiar, well-sounding name for a meaningless compound. The names of the letters in the word *why* correspond as little to the sound of the syllable as though each letter were called by its number, thus, 23-8-5-25.

In an ideal alphabet every simple sound in the language would have its separate symbol, bearing a name corresponding as nearly as possible to the sound-value attached to that symbol as part of a written word. The English and French alphabets may be considered as the furthest removed from such an ideal one. There are about twice as many vowel and diphthongal sounds in our language as the number of simple symbols used in expressing them. We have to resort to the singular device (hardly to be comprehended by most other nations) of using a final *e* as a sign indicating that the preceding vowel has a certain sound. There is nothing in which the collective mind of civilized man has displayed more inertia than in this matter of the alphabet. A set of phonetic symbols used by the Romans 2,500 years ago is made to do service for most of the languages of Christendom, with all their multiplicity of sounds (a few diacritical

marks only having been added). The Roman alphabet, indeed, has been held sacred and inviolable. The nations of Europe generally would appear to have had a holy horror of inventing new letters. Where the Roman letters did not suffice for the needs of a language, irrational combinations of them were introduced in place of new symbols. Thus, to express the initial simple consonant sound in the word *shoe* we use *sh*; the French, *ch*; the Germans, *sch*; the Italians, *sc*; the Poles, *sz*. This sound is entitled to a separate sign as well as any other. The Russians have a much more perfect alphabet than their Western neighbors. It is based on the Greek, but new signs were invented to meet the demands of Slavic speech.

Great as are the artificial obstacles thrown in the way of the English child who is learning to read in the discrepancies between the names of the letters and the sounds they represent and in the absurd combinations of letters, the evil need not be altogether such a necessary one at the outset as is commonly supposed. The makers of our primers have accepted the difficult situation too readily and invoked the trouble instead of attempting to stave it off for a time. They appear to have overlooked to a certain extent that the English language is not wholly made up of words of irrational orthography, and that if we take words of one syllable we shall find that a very large proportion of them are pronounced in accordance with the sounds uttered in naming the letters. Take the words *fox*, *fan*, *find*, *need*, *arm*, and compare them with *cow*, *pig*, *hill*, *who*, and *new*. The former are phonetically written,

the latter are not. Why not begin with the former class in teaching a child to read, and let him master the art of deciphering words pronounced as they are spelled before initiating him into the intricacies and absurdities of our orthography?

It is our purpose to show how the English primer may be so reformed for the benefit of parents of young children that the difficulty presented in the inadequacy of our alphabet, and the lack of correspondence between symbol and sound, shall not seriously interfere with the pupil's progress in the first stages of his instruction. The reform which we propose does not involve any departure from the ordinary mode of teaching reading and spelling; we shall merely seek to show how, without renouncing the old familiar method, the path may be cleared until the first ground has been won. The method of teaching by discarding the names of the letters as expressed in the alphabet, and treating them as signs whose designation expresses neither more nor less than their actual phonetic value, is, indeed, the one which appeals most to reason, and it is considered by many to work very admirably, but its application is attended with certain practical disadvantages that must interfere seriously with its general adoption.

In the first place, the task of acquiring the alphabet is rendered more difficult and much less attractive when the names of the consonants are isolated consonant sounds instead of full syllables. Then learning to spell in the new way is naturally much less inviting to the childish mind than spelling according to the ordinary mode, in which each

letter is given a full, well-sounding name, expressive, so to say, of a certain degree of personality. The uttering of an isolated consonant sound without a vowel accompaniment has become unnatural in the case of the Anglo-Saxon people as well as of many other nations. Our language contains no words consisting of a consonant sound alone. When the child is called upon to decipher words by articulating in succession the component sounds as contained in the respective letters, the same objection is potent as in the case of the spelling lesson. This disadvantage is a double one, for the work of the teacher is apt to be rendered quite painful by the necessity of listening to sounds that grate upon the ears.

In the English language, moreover, this rational method admits of but very imperfect application, for unfortunately too many of the letters of our alphabet have more than one phonetic value, while the value of two letters combined may be something entirely different from the combination of the sounds which they singly represent. Only a particular set of words, then, can be taught containing, for example, the letter *g*, either words with hard *g* (*gun, get, gold*), or words with soft *g* (*age, page*). Moreover, if the child has learned only words with hard *g*, it will be a rather awkward matter to explain to him that in certain words this letter (which he calls by the sound-value hitherto attached to it) stands for the sound expressed by *j*. He all at once finds himself confronted by words which cannot be read by the method hitherto taught him. In a word, the moment the child believes that he has mastered his art, he is told

that he has to unlearn it. How will his knowledge of the phonetic values of the single letters enable him to grapple with *ch, sh, th, wh, gh, ew, ei, ny, au, ou, ea, ie, oi*?

Now, if we are compelled to accept these limitations, let us see whether the old-fashioned method of our forefathers may not be made to work almost or quite as well in starting the child on the path of reading without the distressing feature inherent in the one we have just been considering. Is it not possible to reform the English primer, so that at the beginning the child need not have to be confronted with the difficulties incident to our corrupt orthography? Is there any absolute necessity that from the very first his lessons should be full of words not corresponding in sound to the sounds uttered in spelling them, as *it, is, in, up, go, oh, we, ye, he, if, his, pig, cow, kit, hen, big, she, new, hay, mug, egg, cup, out, gun, can, cap, now*? Would it not be possible to let him practise at first on words phonetically spelled, and arrange his primer accordingly, selecting at the beginning mainly words whose sounds are approximately heard in naming their component letters? Such, for example, as *man, far, ice, age, box, fox, ape, fan, find, most, Kate*. Suppose we first teach him to decipher words of this class, that is, *how to read* according to rules requiring no study or explanation, and then, when he has mastered the first great step, proceed gradually to introduce irrational orthographic combinations.

The objection may be raised at the outset that so large a proportion of English words of two and three letters are unphonetically written, that, if we

were to discard all such, we should be creating a considerable impediment in the extremely restricted vocabulary available at the very beginning. Our answer to this objection is that there is no reason why monosyllables of four letters should not be introduced almost from the start. The majority of such words in our language (as well as monosyllables of five letters) are phonetically written, and it is a mistake to suppose that a child will find any difficulty in grappling with them, at least as far as mere reading is concerned.

Many of them are among the easiest words we can give him. Take a pupil who is still far from having mastered the syllables of three letters in his primer, and spell aloud to him the following words, and it will at once be perceived how readily he will learn to name the syllable corresponding to the four letters in each case:

Fire,	Make,	Fast,
Find,	Take,	Fold,
Mind,	Lake,	Bold,
Kind,	Bake,	Told,
Farm,	Rake,	Sold,
Kate,	Mast,	Torn,
Kite,	Most,	Tore,
Send,	Post,	More,
Mend,	Male,	Sore,
Pine,	Tale,	Nose,
Fine,	Dark,	Rose,
Line,	Mark,	Rice,
Dine,	Lark,	Mice.

A large proportion of the monosyllables of five letters are likewise most readily mastered. The following are examples:

Price,	Snarl,	Trade,
Storm,	Frame,	Blind,
Slave,	Stock,	Slide,
Brave,	Skate,	Sport,
Frost,	Tramp,	Blond.

It is in words of four and five letters that the English orthography is at its best.

Changing a word of three letters into one of four by prefixing, suffixing, or inserting a letter does not necessarily produce a combination more difficult to read, as the following examples will show: *Ask, mask; ark, dark; led, sled; end, bend; fat, fast; top, stop; arm, farm; old, fold*. Indeed, the contrary will not infrequently be the case, as in: *fir, fire; bin, bind; kit, kite; rag, rage*.

Most of the European languages, unlike our own, contain but few words having fewer than four letters familiar to young children, not reckoning pronouns, determinatives, prepositions, and conjunctions. We do not pretend that it may not be of advantage to let the child learn almost from the start, by whatever method, several words of the unphonetic type whose absence would hinder us in the formation of sentences, *the, has, is, she*, etc. It may be well, indeed, to add gradually to the number as we proceed, using such as may be frequently introduced in the reading lessons.

In a perfectly rational system of study, learning to read will have precedence over spelling. With an ideal alphabet and orthography, as we have already hinted, the mere acquisition of the alphabet (with the understanding of the use of the written accent) will enable one to read. He has only to look at the written word, and the simple enunciation of the names of the characters will give the sounds which they collectively represent. The following words may serve as an approximate illustration of this:

f-o-r-m, m-a-n-g-e-r, s-o-l-o, l-i-o-n, r-e-m-i-n-d-e-r. The reverse process, spelling, is more complex, resolving a word into its component sounds requiring a greater effort of the mind than putting a word together from its

component sounds heard in their order. The more we depart from a perfect orthography, the greater becomes the difference in the relative difficulty of the two processes, the matter of memorizing not considered.



The Mothers' Parliament.

[Remarkably Keen Perceptions.] My little boy was very delicate, but at five months took great delight in examining the gold letters of "Merry Christmas" painted on the blue ribbon of his straw rattle. At eight months he was seriously sick, and during convalescence he was immediately soothed and quieted, stopping crying instantly, on my singing a certain Mother Goose rhyme. I would continue the same tune, changing the words, but before one line was finished he would cry. Repeated experiments failed to bring any other result. The first picture book was shown him when he was eleven months old, and he immediately turned it *right side up*, turned the leaves singly between thumb and finger, as though he had been used to it all his life. From that time books were his great delight. At fourteen months he wanted to hear the stories read, and the instant any one sat down in the room with him he crept up,

bringing a certain Greenaway book, and would sit rapt until he tired the reader out. He was never known to want a change for other amusement, and when the last page was reached he turned again to the beginning. About three months later, when he had learned to speak a few words, he came to me one day with a new book to be read. I told him to sit down by **me** and I would tell him a story while **he** looked at the pictures and I sewed. All my stories were greeted with cries of "No! no!" and tears of disappointment. I soon found that he knew the pictures were new and he was hearing the old, familiar rhymes. On my reading the new book he was happy again. Experiment showed that of the two books which he daily played with, one containing over fifty pages, he knew the rhyme belonging to each particular picture, and never failed to say "No! no!" at any change. **These** are but a few of the many instances **where**

he showed remarkably keen perceptions which I will not take space to tell you of.—*F.*

An Amusement for Rainy Days. The correspondents of *BABYHOOD* have told of many ways of amusing the little ones on rainy days, but I don't ever remember to have seen this simple one given: My little three-year-old baby has been kept in the house by a good many rainy days during the past summer, and much of the day has been spent teasing his big sister to play with him, until some one gave him a long clothes-line, with a tin seashore pail tied on one end, and with this simple arrangement he will "fish" over the banisters for hours. Once in a while some little article to fish for is put into the pail, and in this way, with a very little trouble, a restless, mischievous boy is kept busy.—*B.*

Danger from Chewing-Gum. I think the readers of *BABYHOOD* will be interested in a case which occurred here a few weeks since from the foolish practice of giving young children "chewing-gum." My little boy and a neighbor's, each three years of age, were together in a drug store when some one standing by offered the children a package of chewing-gum. My husband refused, saying his little son had never been allowed to have it, as he considered it injurious to such young children.

Quite a discussion arose upon the subject among the bystanders, none of them agreeing with my husband. The father of the other child remarked that he considered it an aid to digestion, and quoted, as proof of his opinion, that his little boy had always had as

much as he wanted, without any bad effects. Nothing more was said, and the subject was forgotten until called to mind again a few weeks later by the sudden and dangerous illness of this same neighbor's child.

The physician, when called in, was puzzled at first to account for the symptoms. The child was evidently in great pain; there was a great deal of fever, and the bowels could not be made to act. Upon further investigation he found that the lower intestines were literally packed with chewing-gum which the child had swallowed, and in such quantities as to entirely obstruct the passage from the bowels.

Of course the child was old enough to have been taught not to swallow it; but I find upon inquiry that it is a very common thing here to give it to children very much younger. The prompt assistance of the physician saved the child's life; but would it not be much wiser to avoid any such possible danger by withholding from our little ones what cannot in any case do them good and may do so much harm?—*L. F.*

Cultivating or Curbing the Imagination of Young Children?

Several of *BABYHOOD*'s correspondents have urged the cultivation of imagination in young children. Is it ever necessary to foster this side of their characters? The babies of my acquaintance seem to have an inexhaustible supply of this commodity, and my plea to *BABYHOOD* is for more light as to how one may guard the truth from the perversions of the imagination, both in what is said to and by the child.

It is very pretty to hear my little two-year-old exclaim gleefully over a

colony of chattering sparrows: "Hear those little birds laugh, mamma!" or when watching a couple of birds one snowy morning: "The mother-bird and the little girl-bird eat on a snow table with a white cloth." But it becomes an important problem when I find that my information on all subjects is colored by the surroundings of the moment. In speaking first to her of the good God I unconsciously pointed heavenward, where some great

fleecy clouds were floating in the summer sky, and to this day clouds for her represent the Deity, and in spite of remonstrance call forth expressions of delight over "all those beautiful good Gods up there." For more than a year "Santa Claus" was a terror to her because of the black, empty fireplace beside which she first hung her tiny sock and heard the legend of the children's saint.

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ments as a rule, she sometimes fabricates a tale, with her own or some one else's vices or virtues as a theme, to which she adheres with a pertinacity worthy of a better cause. Especially is this true of "My two little brudders" (myths), whose names and adventures

seem as real to her as the bona-fide baby sister in the cradle. How to cultivate an appreciation of her obligations toward the truth, without destroying her pretty fancies which will make poetry out of the prose of everyday life, is my problem.—G.

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VOL. XVIII.

JULY, 1902.

No. 212.

Treatment of Diarrhœa.

Food.

A child of the nursing age—that is, during the first twelve months of life—thrives best when nursed by a careful, healthy woman with an abundant supply of good milk. If the health or milk of the nurse fails or becomes disordered, it may be necessary to discontinue nursing; but this is a calamity. Weaning should not be voluntarily effected in hot weather, or when teeth are being cut, or before the end of the first year of life. Nursing for even the first two or three months only is of great importance; and when it is necessary to supplement nursing with feeding, the first had better be reserved for the night. There is no foundation for the popular belief that cow's milk and human milk cannot agree when used by one child as food. Of course there are instances where the nurse's milk is so poor or poisonous as to be useless. To detail such cases at this time would require more room than we have at our disposal.

Before a nurse resolves to discontinue nursing her young baby, medical advice should be sought. What shall be fed is a matter of much moment, especially in cases of diarrhœa. Years ago, when it was the custom in

some places to drive milch cows from door to door, and to furnish to families milk really fresh and pure, babies, it is said, generally thrived upon such milk. Later on the custom ceased and milk was furnished to consumers by farmers, dairymen, and middlemen, the milk coming frequently from long distances—oftentimes having been jolted over rough country roads, in freight cars, and on the cobblestone pavements of streets. Such a susceptible article as milk cannot well stand with safety such usage, and so the relations of its constituents changed, if the milk did not actually sour and become unfit as a food for a baby's delicate digestive organs. To prevent jolting and to insure customers against watering by dishonest handlers of milk, bottling was resorted to, and with good results. Still, pure bottled milk is not always suitable food for babies, especially those with weak digestion. Sometimes the casein of cow's milk is the indigestible ingredient, coagulating in firm clots, unlike the coagula of human milk. Sometimes the fat disagrees. Some milk acts as a purgative, especially if used very soon after the birth of the calf. Genuine "one cow's milk" is not

always well digested, and physicians have come to believe, quite generally we think, that the combined milk from the average herd of cows is better, as a rule, than the milk from the average "one cow."

Condensed milk will not always agree with babies, even in the form which it is best to use—that is, without sugar added.

To dilute milk to the supposed proper consistence, and to assist in the digestion of casein, there is sometimes added water, barley water, oatmeal water, or gum-arabic water in proportion from one-third to one-half. Barley water is probably most often of service, especially if there is a tendency to diarrhœa, and oatmeal water if there is a tendency to constipation.

The evidence of milk not agreeing is pain, vomiting, or diarrhœa, or all combined, the diarrhœal flow being characterized by coagula in the movements. When such is the case the indication is to rest the stomach for twenty-four or forty-eight hours, giving as little food as possible, and that of the mildest kind—viz., one teaspoonful to one wineglassful of barley water or rice water every hour, or more as the stomach will bear it, with an occasional ten to twenty drops of beef juice. Then cautiously return to ordinary food—equal parts of milk and barley water, or milk and water, one-third to one-half, with a spoonful or two of one of the best "baby foods" added, or, better still, of wheat-ball flour. Tie two or more pounds of good wheat flour into a bag and boil for five or six hours, or, better still, simmer for twenty-four hours. Scrape off the yellowish outside of the ball that is

found in the bag, and grate a teaspoonful or two of the white inside into the milk. It is sometimes advisable to render the wheat still more digestible by adding maltine, or extract of malt, as in the following directions given by Professor J. Lewis Smith for the food of a baby under six months of age suffering from diarrhœa: Mix one tablespoonful of wheat flour with twelve tablespoonfuls of water, and heat. To one cupful of this mixture add half a teaspoonful of malt and a little salt. This and similar foods may be given, alternating with what is known as "peptonized" milk, as they do not mix well with such milk unless the water added is about equal in quantity to the milk.

In fact, milk made more digestible than it often is in its normal state by the process of peptonizing can be used as the sole food for many babies, both sick and well; and the smaller the number of foods—providing they are digested—the better, as a rule, for the babies. Were it possible for doctors or others to tell beforehand what kind of artificial food will agree with each baby, and for what length of time any one food will agree, there would be no need of so-called experimentation. In all articles, such as these furnished to the non-medical public, only suggestions can be given; none of the foods available will invariably agree, and to detail minutely the conditions which require various other forms of food, such as the extreme and prolonged wasting following in the track of severe diarrhœal affections known as marasmus, atrophy, decline, consumption of the bowels, etc., would be unwise. Such cases can only be in-

telligently studied out and treated by careful physicians, who gain better results nowadays in such cases than heretofore.

Peptonized milk, or humanized milk, is prepared as follows:

Peptogenic Milk-Powder, four measures.

Good milk, half pint.

Water, half pint.

Cream, four tablespoonfuls.

Mix in a bottle and let stand in a vessel of hot water (as hot as can be borne by the whole hand) for thirty minutes, then pour into a saucepan and bring to boiling. If there is no diarrhœa, keeping the bottle in hot water for fifteen or twenty minutes is generally sufficient.

Animal "teas"—beef, chicken, etc.—are objectionable as foods in cases of diarrhœa, as they generally act as laxatives. On the other hand, a wine-glassful of weak mutton broth with thoroughly cooked rice in it, or the same quantity of clam broth, or the juice of a clam or two, is serviceable, if given once or twice a day, or every other day. Beef juice or extract may be occasionally given, or as prepared by the following formula—in quantity from one teaspoonful to one tablespoonful:

Add half a pound of lean, minced beef to a pint of cold water; let stand for half an hour, then warm to 110° F. for half an hour; add salt and seven drops of dilute muriatic acid; strain and use.

In diarrhœal affections, on account of the loss of fluids by the body, thirst is frequently prominent, but can to advantage be relieved by moderate draughts of cool water—from one

teaspoonful to a wineglassful—or occasionally a little weak, cold tea or barley water. In fact, barley water is a good foundation, as we have seen, for other food. A teaspoonful or two of cream, with a pinch of salt, may be added to it, or the white of an egg may be mixed in it. The albumen of the egg may be given in water, to which are added sugar and a drop or two of dilute muriatic acid.

There are two common errors: first, of giving too little food, and, second, overcrowding the stomach because the child seems hungry—the supposed hunger being frequently thirst or an uneasiness at the stomach. Overfeeding produces not only dyspepsia and diarrhœa, but tends to weaken and dilate the walls of the stomach. The stomach of the young child is smaller than is generally supposed. According to Professor J. Lewis Smith, the average quantity of food which should be given every two hours to a child under five weeks of age is one ounce; between five weeks and ten weeks, two ounces; at six months, three ounces.

Medical men experienced in the treatment of children agree generally in discarding feeding-bottles with long rubber tubes, especially when the tubes are a foot or more long. We have seen them in use two feet in length, the tubing being bought separately and affixed to the bottles—the reason for this length being that it keeps the bottle out of reach of the baby, and enables the mother to place the bottle under the pillow or elsewhere to keep the milk warm. When it is fairly understood that it is almost an impossibility to keep the *short* tubes clean;

that on cutting open one that has been in use for several days there will probably be found particles of sour milk and, by the aid of a magnifying glass, fungous growths, it will be seen that to attempt to keep a long tube clean is an absurdity, if not something worse. A bottle like the "common-sense nursing-bottle," with rounded corners so that it can be easily cleaned, or an ordinary rounded nursing-bottle, is better than a flat one. Rubber nipples should be used, replacing one that has been used several times with a fresh one.

A thing worth noting in purchasing a rubber nipple is the size and number of holes in the point. Those having large holes often allow such a flow of milk that it is swallowed too hastily and discomfort and regurgitation result. If they can be found, nipples without holes are preferable; as many holes as are desired can be made with the point of a stout sewing needle.

Air.

Next to food in importance as a remedial agent is air. The polluted atmosphere in many tenements and the confined, devitalized air in some roomy and well-appointed houses are both unsuited to the babies' needs. The occasional breath of fresh air which some of these children thus housed obtain does good; but where children can, in hot weather, *be kept in the open air*, protected from the sun's rays, a large part of several days and a part of the very hot nights, the greatest good is obtained. Pure, cool air acts as a nerve tonic, and many a baby with diarrhoea and vomiting will peacefully sleep, and vomitings and

movements will cease, when the child is in such air. Floating hospitals, seaside homes, and country week-homes do much toward furnishing fresh air to the sick babies of the poor; but there are thousands who do not get away from their homes at all. For these, shelters might be provided on docks which are but little used for storage or shipping, or in some of the parks, or on the islands in our harbors. Short excursions into the country or to the seashore are of value, if the babies are taken from their homes very early in the day and are brought back in the "cool of the evening," and while away are kept in quiet, cool places and have suitable food.

To hurry to and fro in a crowd in the hot part of the day is a dangerous experiment for a sick baby, and may be called a foolhardy act. To return in the hot weather to the city from a trip to the mountains or the seashore is a risk. During the hot weather cool and dry beds should be used: a hammock, a wire-woven mattress with a blanket on it, or a thin hair mattress. Parents who take their sick babies away from home will find that it will pay to have airy rooms for them and also proper beds. If these cannot be obtained it is fairly a question whether it is not best to stay at home, if home quarters are comfortable. When it is decided to go away, the sooner one goes, as a rule, the better. Most physicians have seen babies' lives tampered with, and even shortened, because some mothers think they must have dressmaking or other work done before they can leave with their charges for the country.

Cleanliness.

Not only is it necessary to keep the feeding apparatus clean and the food sweet and pure if we are to obtain good results of treatment, but the child, its clothing, room, and surroundings must be absolutely clean. Yet how seldom are these conditions found by the physician! The prevalent dirt poisons the air and aggravates the disease. Soiled diapers and other clothing should be removed from the room as soon as possible after being taken from the child, and, after being washed, should be hung in the open air to dry; or, if they cannot be so removed, they should be placed in a covered pail of water into which there have been put three tablespoonfuls of a solution of chlorinate of soda (Labarraque's) or of Listerine.

Spongings of the entire body, in hot weather, with cool water once or twice a day are of great service, both in lowering the temperature of the skin when overheated and in keeping it clear, so that it can easily do its work, which is important. A little salt or alcohol added to the water makes it stimulating. With very feeble children inunction with oil may be used instead. Warm a tablespoonful or two of good olive, neat's-foot, or coconut oil, and rub gently for five or ten minutes into the skin with the hand or a soft flannel. Then rub off the surface oil with a soft towel or napkin.

Bedclothing needs to be clean, thoroughly aired, and frequently changed. Much of the chafing from which children suffer who have diarrhœa is due to the fact that the ir-

ritating discharges are left in contact with the skin, sometimes because diapers are not changed promptly and the child's parts washed and dried thoroughly, and sometimes because the child is laid on a piece of rubber cloth in a bed which sags in the centre. Diapers, also, which have been washed with common soap or in washing-soda, and have not been thoroughly rinsed, are liable to chafe the skin.

Exercise.

There is danger from *too much* exercise in diarrhœal affections. The quieter, as a rule, the child is kept the sooner will it get well. The stomach and intestines rest along with the remainder of the body. But there seems to be on the part of many mothers an insatiable desire to rock, trot, or shake their babies. Toward the end of a hard morning's work in choosing suitable cases to be sent to the seashore, when mother after mother had either trotted her sick baby on her knee or had monotonously and mechanically swayed from side to side with it, we asked a young mother with her first child why she kept moving her baby. "And why not?" she replied; "isn't it good for him? Sure, and the women told me that I should. They told me, too, that I should hold him by the legs with his head down, but I never could do that." It is a great relief sometimes for a sick baby to be gently but firmly held or carefully rocked or walked with, but there is the danger always of doing too much of it. Provide a comfortable bed and some such pen as has been described in recent numbers of *BABYHOOD*. When indoors amuse the baby,

or give him something to amuse himself with. Hold him as little as possible, that he may not get into the habit of being held. Don't jolt him or shake him; allow him as much exercise of his muscles in creeping, etc., as will not tire. Rest him and yourself by having him taken into the open air, and when the father comes home, not tired by the care of Baby, his strong but gentle arms will prove a restful coddling-place for the little one.

Medicine.

So strongly does the writer believe in proper food, good air, rest, and cleanliness as curative agents that, were he limited to but a few remedies, he would prefer the hygienic ones. Still, medicine is of value, but by the laity is more frequently relied on than it should be in diarrhoeal affections, as parents become frightened when the movements are many per day. They seldom think that lowering the number of meals, or giving the child more air, or making it more comfortable, or giving it more or less stimulants, as the case may be, will frequently suffice. As medicines are so liable to abuse, the writer will indicate but a few that may be used.

Alcoholic stimulants, preferably whiskey or brandy, given two to ten drops every half-hour or hour, or even every ten or fifteen minutes if the child is prostrated, are in many instances necessary. They had better be given in a little cool water, and not mixed with the food. Sometimes two to five drops of aromatic spirits of ammonia may be given in water in the same way instead of the alcoholics, but this does not always agree. A

better indication in babies than the weakness of the pulse for the use of stimulants is the depression of the "fontanelle," or the triangular-like space between the bones on the top and front part of the head. In health it is on a level with the surrounding surface, but as debility progresses it becomes more and more depressed.

In simple diarrhoea, an enema, after each movement, of one or two ounces of cool water is frequently sufficient, or a quarter to half a teaspoonful of the chalk mixture of the shops may be given internally. In inflammatory diarrhoea, if there is pain and tenderness, it may be wise to apply hot applications. Medicinally, add to each dose of chalk mixture two to ten drops of paregoric, or give an astringent, with or without the opiates; if the movements are watery, five to twenty drops of fluid extract *geranium maculatum*—i.e., crow's-foot or crane's-bill—in water or milk, after each movement.

For many cases of diarrhoea, especially if the movements have a sour odor, the "rhubarb and soda mixture" is useful:

Fluid extract of ipecac, five drops.

Fluid extract of rhubarb, two teaspoonfuls.

Bicarbonate of soda, one-third ounce.

Glycerine, two teaspoonfuls.

Peppermint water, enough to make three-ounce mixture.

Dose—Quarter to half teaspoonful after each movement.

In cases of cholera infantum, where the stomach is irritable and liable to reject almost everything put into it, and where the movements are frequent and watery, the main reliance

must be on rest, stimulation, but not to the point of intoleration, keeping the feet and body warm. Paregoric can *cautiously* be used every hour or two if the child is restless, in doses of from five to ten drops; but it should be the only medicine, and its use should be

discontinued as soon as the child is quieted or the movements decrease in quantity. To use an opiate in simple diarrhœa, or to continue its use for any length of time in any case without your doctor's orders, is to run the risk of harm to your child.



Sea-Bathing for Children.

A very young child usually cannot, for want of physical strength, bathe at the beach of the open sea, where the water is generally rough and a trifle colder than it is in sheltered bays and inland waters. A robust and courageous child may, however, take an ocean bath at, say, three years of age, under the care, of course, of a judicious person, provided the surf is not heavy. But we emphasize the word courageous, because the child, unless held by some person in whom it trusts, is often greatly frightened by the first immersion, even if expected, and the nervous shock makes a depression which is not properly due to the salt water and which begets an alarm at any subsequent attempt. Hence a tactful attendant must be insisted upon. Children who are not robust (though they may have no disease nor any definite tendency thereto) lack the necessary muscular strength, the endurance, and that peculiar omnipotent digestion which is seen in some others. Such

delicate children can be allowed to bathe only at a later age than the strong ones.

The excursion to the beach *per se* is nearly always advantageous, and the short frolic in the water adds to its stimulating effects. Of the results of a fatiguing journey, of improper and irregular meals, which are often made the concomitants of a trip to the beach, it is not necessary to speak here. The sea bath is not a panacea for folly.

The above will answer a number of queries which we have received regarding a day's outing at the beach by near residents. We will now speak especially of the matter of a prolonged season of bathing for hygienic or medicinal purposes.

While maritime hydrotherapy is of incontestable value in the treatment of many children's diseases, it is equally undeniable that it has too often worked serious injury. This paper will have fulfilled its mission if a few mothers have been brought to realize that the

too common practice of indiscriminately sending all children, ailing or otherwise, to the seashore for the season may be fraught with danger. "When not to do it" is perhaps not the least important side of this subject. Robust children almost invariably improve by a stay on the coast, but the puny little one is not to be taken there without the *advice* of a physician, something more than his thoughtless sanction. A little more knowledge on this subject might prevent many disappointments, made doubly bitter by the sight of the brilliant results apparent in "other people's babies."

The first effects of a cold sea bath are those due to the immersion, and are caused by the blood flowing back from the surface of the body to the internal organs. The skin pales, breathing and circulation become slower, and there is a sense of oppression. These effects pass off at the end of a few seconds and reaction occurs; a sensation of comfort and exhilaration replaces the former discomfort, and now the circulation and respiration are more regular and the blood returns to the surface of the body. If this favorable reaction does not take place, *chill* is imminent. Here there is congestion of the internal organs—the brain, lungs, liver, stomach—an accident to be regarded as serious, and as apt to occur if the child be too young or too delicate for the water, or if it be kept in for too long a period. If the baths are warm the effect is much less marked, but is still appreciable.

After the first few baths there frequently remains a feeling of lassitude, nervousness, or headache. If the baths are properly given and the child

is really being benefited these symptoms gradually diminish, the strength and appetite increase perceptibly, digestion is easy, and the pulse is fuller.

Which children should have regular sea baths? Those most benefited are the scrofulous and "rickety." Little ones with enlarged glands which are not suppurating are wonderfully improved, as well as those with bone diseases, cold abscesses and fistulas dependent upon scrofula. Joint diseases, such as "white swelling," also benefit, but here the affected limb must be kept immovable by an apparatus to prevent permanent injury being done in the exercise on the beach. A child with threatened or commencing spinal curvature, or one becoming "pigeon-breasted" or bandy-legged, sometimes seems to undergo a complete "sea change" under the tonic action of breeze and surf. But constant care must be exercised in these cases to prevent over-exertion in walking, playing, etc. The beach is the spot *par excellence* for children who have been overworked in any way, for the anæmic and ill-nourished, for those weakly from growing too rapidly, and for little dyspeptics. It should be tried from the first in intermittent fever, especially for those cases in which the ordinary antimalarial remedies have proven fruitless. A beach should be chosen free from malaria, which is more apt to be present where vegetation is luxuriant, and less so on a dry, arid coast. Cases of infantile paralysis, and that accompanying convalescence from other diseases, may be sent, and, lastly, the rugged, healthy child not suffering from any of the above-mentioned ailments.

After arrival at the beach, no baths should be given for several days, to allow for acclimatization. The first bath should last only one minute, and the next three five minutes. For the first week after beginning, baths should be given only every other day, and if, after several, the child seems nervous, cross, and sleepless, suspend them for a few days. Then try again, and, if with similar results, have recourse to warm baths. If with these the same state of things continues, the decision must be arrived at to discontinue bathing at once and go into the interior. Occasionally a child unable to endure the plunge bath will support the douche excellently. Trials must be made to learn the susceptibility of each individual. Children frequently become constipated at the baths, and if this be not attended to much of the other benefits is counteracted. Giving sea water as a drink has been recommended. It is a bad practice, as almost uncontrollable indigestion may thus be set up.

Now let us consider the cases where children are to be forbidden the pleasures of the seashore. Age is an important consideration. Warm ablutions with sea water are allowable under two years, but a child must be at least three years old to receive real benefit from cold baths. A nervous, irritable child, one who inherits hysterical or epileptic tendencies, is generally injured by baths, or even a simple sojourn on the coast. The salt air is of itself an irritant, driving more blood than usual to the brain, and it may easily be understood why such a

child becomes cross, sleepless, agitated, and ready to go into convulsions on the slightest pretext. Perhaps if tiny Paul had been summarily removed to the mountains as soon as he began lying awake o' nights puzzling his over-active little brain by the problem of "what the wild waves were saying," the hopes and plans of Dombey père need not have been so sadly frustrated.

Sea-bathing is to be interdicted for rheumatic children, for those with asthma, skin diseases, and fevers. Kidney disease, irritable lungs, a tendency to frequent bronchitis, come under the same category. In the case of heart disease the stimulating atmosphere excites this organ to too rapid action and aggravates the disorder. Weak eyes are to be kept from the shore, where the air, impregnated with salt and fine sand, keeps up a constant irritation. The same applies to ear affections, but with exceptions, which, however, should be made only under the advice of a competent physician. Little consumptives do better in the interior, as the coast air is too stimulating for their weak lungs.

In cases where it is impossible to get to the seashore salt-water baths may be improvised at home and will accomplish much. Four ounces of common sea salt may be added to four gallons of water, tempered according to the season, and followed by a brisk rubbing with a Turkish towel.

In conclusion, *watch* the baby, study the changes going on in its well- or ill-being, so that you may intelligently judge if benefits are being reaped.



A Talk About True Economy.

II.

I once had a little schoolmate who often envied me my big, brown shade hat. "I wish my papa was rich like yours," she sighed. "I always have to wear my old best ones." And *such* old best ones! I recall them with tears in my eyes—faded pink ribbon, dirty white lace, and crushed flowers, and the whole thing set completely off the childish forehead, which was protected only by that abomination of all healthy childhood—a veil. How much better, I thought—though I had too much delicacy to say it—if your mother had bought a brown sailor hat, since she cannot afford two, with a beautiful ribbon it for Sundays and a brown for every day! I would rather wear this shade hat to church than such a thing as that every day.

Children need toys, but they do not need expensive ones. The care and economy which you exercise in household affairs will keep a cheap doll in repair for a long time. A set of hardwood blocks gives more joy than would fifty times the money they cost laid out in fragile toys. Mine are made to order, one hundred and eight of four different shapes and sizes. All kinds of furniture can be made of them. My little girl's cookstove is rebuilt of blocks every day, stove-pipe and all. Then the boys find never-ending amusement in the railroads,

bridges, and steamboats which they construct. Every new idea can be embodied with them. A few story books read over and over again, and, better than all, your own childish experiences recounted, will give more amusement than dollars' worth of gay, slightly bound, and often objectionable picture books. A box of pretty advertising cards—leave out the coarse and low ones—will employ many an hour. But I find that the thing my children like best of all is helping me. Five-year-old Agnes has a little tub and a strong washboard one foot long, with which she washes, as clean as I could, nearly all the table bibs and napkins, one or two dozen per week. She can make dainty little dolly pies whenever I make big ones, which is seldom. She can set the table, or at least half of it, and Paul can do the whole. They both take care of Baby and wipe dishes, pick up scraps and brush up crumbs, dust chairs and take care of their own playthings. Herbert can also do a great many things, and baby Frances is continually adding her mite, which her eighteen months' experience renders laughably troublesome at times.

Oh! we poor mothers who do our own work do have our advantages, after all. I did not have all this last year when I had to keep help. Conscientious poverty is the feeling of a lack;

let there be no lack in the home. If it is not beautiful, try to make it so in a way that the little ones will appreciate. If there is no parlor, do not bemoan the fact before the children; they care little for plush and white marble. Help them to have an interest in keeping the sitting-room neat and pretty. A very few plants give children more real pleasure than a quantity. Let each one have its own and watch its growth. There is always something interesting about a plant, even when out of bloom. The day of despising wild-flowers has passed, so I need not enlarge upon this topic as I might have done years ago; few mothers of to-day, I trust, will fail to thank the little one for his bouquet of dandelions, clover, or even bitterwood leaves, and to put it into a vase cheerfully. All nature is beautiful to a little child, unless he becomes hardened by the lack of interest which those around him have in it. Herbert watched for an hour the other day a "dear little sow-bug which heavenly Father made," and Paul picks a bouquet of common grass on his way home from school, if there are no flowers by the roadside, and truly thinks it beautiful.

We live in rather a sorry little house compared with those occupied by most of our friends, and the yard is sadly in need of ploughing, grading, and sowing, which we cannot, and our landlord will not, afford. We would live in a much poorer house rather than have no yard. The children are happy here, and would be all day through; and I can find plenty to do in the house all day, too, as can easily be imagined. But now I wish to bring out another point in my theory. I not only want

to keep my children from feeling poor; I want them to feel rich. There is infinite wealth just outside my door, to be had by all who will take it; and we take it, my children and I. A walk of a stone's throw past a house much shabbier than ours, and past some coal sheds, brings us to a long drawbridge where we can look up Boston Harbor to Nantasket on the one side, and upon a beautiful river scene on the other. My little ones must remember this all their lives long, for we may not live here always. I often pack my dinner dishes into a pan, rinsing off the dirtiest, fill them with clear, cold water, and let people call me shiftless if they like; and I spend half the strength it would take to wash and wipe them on a hot day after a hard morning's work, in washing my four babies—three if Paul is at school—and putting on clean gingham, if needed. Then I take my sewing and a little basket for flowers, and walk slowly over this beautiful bridge. If the tide is high we look far over the water and drink in the wonderful scene. We talk about it—for children need to be led to see these things—and we watch the steamers, yachts, and schooners. If one wants to come through the draw, what fun, especially to Paul and Herbert, to watch the puffing tug-boats and to see the great, old-fashioned draw rise and fall! If the tide is low we watch the crabs, sculpins, and flounders on the bottom, or the jellyfish and starfish. The bridge is crossed at last, and we reach a beautiful picnic ground, with cubby-houses, towers and swings, and a nice pebbly beach. It is a perfect fairy-land, and yet we scarcely ever see any one here. The people with

parlors sit in them, and the people with lawns sit there, with the children in the yard all day or in the street. We who have neither take this. The sewing goes rapidly in fairy-land, for a fresh breeze comes over the water, and the little ones never tease or fret here; how can they? And the petty wrongs and cares of the morning seem oh! so very tiny in this vastness that they vanish quite away, and I can only think over and over again, as I look at one after another of the beautiful pictures, each with the figure of a rosy, happy, healthy child somewhere in the foreground: Oh, I am so rich, so rich!

Sometimes instead of this the children's papa gives us all a boat ride in his little skiff, for all these things are as dear to him as to us; and sometimes we play on the beach with little pails and shovels. Say, my good house-keeper, would it be wiser to leave this all out of our lives, to do up the dishes properly at the cost of a fatigue which would keep me at home all the afternoon, than to do them with a light heart and a kettle of hot water at seven o'clock when the little, restless heads are quietly dreaming?

Teach your little ones to enjoy beauty everywhere, and to be above wanting to own everything which they see. Avoid that most contemptible of

all poor people's vices, the carping depreciation of riches and the wealthy. In ninety-nine cases out of a hundred this is founded on jealousy. When you pass a beautiful house, notice its beauty as heartily and naturally as you do anything else. Admire the flowers, the trees, the pretty balconies and hammocks. Don't suggest any comparison between it and your own house and grounds. If the children notice it and say that the little girl who lives there must have a good time, say: "Yes, indeed she must—just as good a time as we do on the beach." All people have not beaches, but I claim that all people can have *something*. There is enough joy and beauty in this world for every one of God's children to have a share, and He means that they should have it. If Paul says: "I should like to have a home like that," I say: "Yes, dear; I am almost sure you may have when you are a man, if you're a good, hard-working man, unless there is something else which you would rather have by that time."

This leads to a whole chapter on imagination which I will spare you, only stating that it is a rare faculty and will make any child happy if it is kept free from the elements of envy and time-wasting.

Nursery Problems.

Protruding Navel.

To the Editor of BABYHOOD:

When my little girl, two and one-half months old, cries, her navel protrudes as large, perhaps, as a small chestnut, or nearly one-half inch. She has been that way, so far as I know, from the first. It does not get worse. The child is healthy. Will you

kindly tell me through BABYHOOD what, if anything, should be done for it? A flannel band is kept quite tightly pinned around her. She wears the Gertrude suit.

Patchin, N. Y.

C.

A proper pad and belt is doubtless desirable. Your physician can probably make one.

Nasal Catarrh Rather than Hay Fever.

To the Editor of BABYHOOD:

Do children as young as two and one-half to three years ever have hay fever? If so, what is the best treatment to prevent its return another year? My little girl has been troubled with a slight cold, affecting her nose, for over a month past, during our warmest weather. The discharge amounts to very little, but she sneezes at intervals from morning until night. She is otherwise a very healthy child.

Winona, Minn.

A SUBSCRIBER.

It is very rare indeed before seven or even ten years. But there is nothing in the symptoms you describe to make it necessary to consider hay fever. Nasal catarrh in warm weather may occur from other causes. Does she sleep with her mouth open? The growth called "adenoid" often causes nasal symptoms in children.

Wakefulness; Slight Weight.

To the Editor of BABYHOOD:

Can you give a short opinion, in the Nursery Problems of BABYHOOD, as to the remedy for wakefulness in a baby eight months old? He has a fair appetite, but is cross very soon after a feeding or nap, and must be coaxed to sleep at night, remaining asleep but about six to eight hours, with hardly any nap in the daytime; is nervous and easily disturbed, and has had setbacks through sickness, growing slowly, so that he only weighs thirteen pounds now—seven and one-half at birth. He has always been wakeful.

Philadelphia.

F. M.

The apparent causes of the wakefulness, to our mind, are, first, a nervousness, perhaps inherited, at all events made more so by "setbacks." There is seemingly a digestive disturbance which exaggerates this peculiarity. His slight weight suggests imperfect nutrition, which may depend upon the previous illness, as well

as upon the digestive weakness supposed.

Such a case really calls for good medical advice from one familiar with children's diseases and nurture, who can see the child.

A Little Sufferer from Ear Trouble.

To the Editor of BABYHOOD:

My little daughter, aged sixteen months, is cutting her first molar teeth. About a month ago she suffered greatly, crying night and day, and we attributed it to the coming of her teeth. At the end of a week we found she had had a gathering in her head, and there has been a constant discharge from the right ear ever since. Our physician, whom we consulted as soon as the gathering broke, deemed it unwise to arrest the discharge at once, but after a week's time gave me powder to blow into the ear (boracic acid). That has seemed to do no good, however, and I come to you for advice. For the last week a very disagreeable odor has accompanied the discharge. Will you please tell me what to do? Is it probable that this trouble is caused from teething? I am told so by those who claim to be "experienced."

The baby has one molar tooth just through—three others nearly so—has lost her appetite, and is restless and often feverish at night. An acquaintance advises me to give her ice, crushed into bits, to eat. What does BABYHOOD think of it?

Seattle, Wash.

T.

Your baby's ear evidently needs attention. If your physician's first prescription did not succeed, you should have gone to him again and let him change it, and should have asked him to detail to you the minutiae of the care of the ear. In a recent number you will find an article on "Earaches" which may help you. Do not mind what the "experienced" tell you about teething, if it is given as a reason for neglecting any other disorder.

The giving of ice may be suitable

enough if the child has fever, and may soothe the gums, but it will, of course, have no especial influence on the evolution of the tooth.

Alderney Milk.

To the Editor of BABYHOOD:

I am feeding my baby with farina, prepared according to your directions, and the milk I use is three-fourths Alderney. But I am told that Alderney milk is not good for babies; that they should be fed with milk from a common cow. Milkmen and others who sell milk seem to make a point of having milk from cows at least part Alderney, so that it becomes a matter of difficulty to get milk from a common cow. Will you please give an opinion on the subject?

Chester, Pa.

R.

The objections made to Alderney milk are not that it is bad, but that, first, it has a considerably higher percentage of cream than ordinary milk, and the calculations made for the latter ought to be varied if Alderney milk is used. Secondly, it is thought that the Alderney cows are more susceptible to excitements that disturb the quality of their milk, making it less uniform than ordinary milk. Whether this is actually so or not we cannot positively say. The milk of a herd of cows part Alderney ought to be sufficiently uniform, and if you will test it a few times, so that you may know just how much cream it will average, you can then tell whether you need make any allowance for its extra richness.

Condensed Replies.

R. N., Council Bluffs, Ia.—The blood probably comes from the pressure of the fecal mass against the mucous membrane of the seat. If it continues to appear, try injecting a

teaspoonful of warm oil, olive or linseed, into the bowel before the movement begins.

L. D., Raysville, La.—There are multitudes of causes which may excite diarrhoea in a child who lives on milk alone. The bands we think advisable in hot weather; very thin flannel worn loosely, outside the shirt if you prefer, are most comfortable.

T. S. A., Washington, O.—The cream generally used in such mixtures is the upper fourth of some good cow's milk. (The mixed milk of several healthy cows varies less than that of one cow, and is therefore better.) It can be dipped off or taken in any convenient way. It is best of all to siphon off the milk from below, leaving the cream. The cream rises in six hours; even less time may do. The vessel of milk is kept cool all this time by standing it in a mixture of salt, ice, and water, or by placing it in a clean refrigerator. If you have no ice supply, spring water or the coolest water you have will keep it. As to spoiling, you probably know that if all vessels, including the milk pail, are scalded before milk is put into them and the milk is covered it will not spoil quickly.

T., Hampton, Va.—In the case of your child we are confronted by the failure of the intestinal eliminative functions. In addition to this cause of fetor there is, however, in fevers, the presence of large amounts of effete material in the blood, resulting from the abnormally rapid destructive changes effected in the tissues by the febrile processes. This refuse matter is not removed with sufficient celerity by the bowels, which are, as a rule,

constipated during fevers, by the urine, which is scanty, or by the perspiration, which is nearly suppressed, hence the only remaining avenue of escape for the poisonous débris is through the lungs. The remedies for bad breath, due to the above-named causes, suggest themselves, and may be epitomized in three words—diet, laxatives, antipyretics. Your family physician must be entrusted with the selection of proper remedies.

S., Allentown, Pa.—Doubtless your physician is doing the best he can with your breast. All babies are not colicky, and, as far as our experience goes, they usually are not. If one has a colicky child to deal with, she must do the best she can, just as with any other ailment. It is a mistake to consider the colic as a matter of course. It is an ailment (not a dangerous one usually), and needs treatment.

B. A. G., Hartford, Conn.—The sooner you put Baby upon regular nursing hours the better for you both. When she is thirsty—as she probably is when she clamors for the breast—give her a drink of pure water, not sweetened water. The sugar water is excellent dressing for a crop of sprue. Wash her mouth before and after each nursing. By the time this reaches you she will be eight or nine months old. At that age she ought to be able to get on with six nursings in 24 hours; say at 6, 9, 12, 3, 6, and at your bed-time, say 10 or 11 P.M., and no more till early morning.

E. D., East Orange, N. J.—The subject was pretty thoroughly considered in a recent number. The habit of requiring the touch of the suppository may continue until the baby knows

enough to make an effort in response to your urging. More than one movement daily is desirable, but if you can certainly secure one, and with regularity, it may do. If you desire two there is no better way in a nursing baby than the use of the suppository.

M. J. G., Topeka, Kans.—One formula for preparing barley water is as follows: Three tablespoonfuls of pearl barley, three cupfuls of boiling water, just enough salt to take off the "flat" taste. Pick over and wash the barley carefully. Cover with cold water and soak four hours. Put the boiling water into a farina kettle, stir in the barley without draining, and cook, covered, for an hour-and-a-half. Strain through coarse muslin and salt slightly.

Old Subscriber, Portland, Me.—Give about four ounces (eight tablespoonfuls) of the mixture at a feeding, and gradually increase the amount and lengthen interval.

B., Superior City, Wis.—Your wise friend ought to explain what she meant, if she takes the trouble to excite your anxiety. We know of nothing that can be told by bluish whites of the eyes and downy cheeks. Some people have fancied them signs of a scrofulous constitution.

S. M., Newport, Ky.—We are very glad your baby "will not eat grains or potatoes." You should not have even tried her with them. As to food, "with milk," there is no doubt that she will take them if she cannot get the breast. It is time she was weaned, and you should begin with good, pure milk, slightly diluted (say one-third water) at first.

The Care of Delicate Children.

Perhaps one example like that of the late Emperor William might have convinced the Spartans that the practice of destroying their feeble children was not always for the good of their state. The future power and usefulness of the puny William were not probable when Queen Louise was caring for and teaching him in his early childhood. But the example remains, an encouragement to all mothers of weak children and a rebuke to any latter-day Spartan who would labor only for the survival of the strongest.

The atmosphere of "love, rest, and home," oftenest found in the mother's presence, is especially needful for the delicate child. This condition is necessary to secure that rest which is a point more liable to neglect with the child than with a grown person of infirm health. Rest is often all that is necessary to restore health to the adult, and it is equally potent with children. But grown people, having many sources of mental refreshment, can compel themselves to rest in varying circumstances, while the young, weak child fails of perfect rest without the upholding mother-love. The look of listless endurance on the face of a little, feeble child may as often indicate lack of the continual sunshine of a loving presence and care as physical ailment.

Said one young mother: "I had to learn that a very small child does not yield to its feelings of weariness, as I supposed, but is as liable as an adult to overtire itself when interested in its own play or watching others."

The half-invalid of the household can describe the knife-like pain in her head when a sharp voice or noise breaks out in her presence; but the little child, after suffering from a similar cause, shows only by nervousness and ill-temper the pain it has undergone. Even in cases of acute illness in children, quiet in the house is not always so carefully attended to as with adults. There is difficulty in keeping a houseful of children quiet during a sickness of a grown person; but to keep as many adults quiet when a child is ill is nearly impossible.

An employment for which a child has shown special adaptation may sometimes be turned to account as a means of rest. One little boy had always shown great delight in machinery of any kind. Delicate from birth, he was one summer, when three years old, recovering from an attack of severe illness, and a weary road it was. When amusements and doing nothing had become alike a weariness, one thing was sure to refresh and rest him. This was for mamma to hold him, and on a sheet of paper to paint small wheels. He would choose the color from the box for the time, and wheel after wheel appeared, until he was either soothed for sleep or refreshed to take up his little interest in the world about him. "I must have painted thousands of wheels that summer," said the mother afterward.

Children thrive best in country air, but it is not wise to transfer them from city to country in all circumstances. The annual summer exodus

from the cities is not of occupants of heated tenement houses, but, for the most part, of those who leave commodious houses, pleasant yards, and shaded streets. Nearly every day a boy runs past my door whose summers were spent in his city home till he had passed his fifth year. Up to that age the question had arisen every summer whether he should be taken from home. Apart from care about local sanitary conditions, there was involved change of climate, diet, and medical care, with the abridgment of much of the comfort and quiet of home, and his parents decided that he had not acquired strength enough to meet such changes.

People who require two days to rest after one day's excursion will perhaps be thoughtful as to the kind of short excursions they allow to a feeble child. Will the outing in its carriage be best, or a visit for play and rest in an unaccustomed room? Is a day's excursion to the sea-beach or the every-day digging in home grounds better for its health? These questions need careful judgment. Violent changes in temperature and diet compressed into one day often produce their natural results in acute disease.

A mother's care is particularly necessary in the diet of a weak child, not merely in choice of food, but in seeing that the child really is sufficiently fed. Eating too much proper food at regular intervals is not often a difficulty with feeble children. To induce them to take enough of food that is palatable to them and which

they can assimilate is the great problem.

Careful study and experiment in foods is usually necessary in providing for a delicate child. The regimen for one will probably suit no other. An old school friend was speaking to me of her little girl, nearly four years old. "You know the prophecies about Alice," she said. "We should 'never raise her,' it was said, and her diet has sometimes brought me to despair. I have read every treatise on medicine, nursing, and cookery that I could obtain, and have listened to physicians', nurses', and grandmothers' experiences and suggestions. Adding all to my own thought and judgment, I have succeeded in finding food that she liked and that nourished her, until now the chief study is how to vary her diet sufficiently."

One ground of hope for the future lies in the improved education of the mothers of the present day. These better opportunities have existed so few years, comparatively, that it is impossible to get statistics for a full judgment. But, so far as records show, the very small percentage of deaths among the children of women who are college graduates, and the interest which these graduates are taking in all home and sanitary matters, give much reason for encouragement. With mothers acquainted with the laws of body and mind, and trained intellects applied to the business of rearing children, we may look for still greater increase in health and strength of the little ones.

Y. R.



“As Soon as It Is Old Enough.”

This is repeated upon all occasions. The baby is to be taught at that remote period a multitude of things. The foolish mother finds too late that the babe has learned, too thoroughly ever to forget, many bad habits, some of which will cling to it for life.

Sometimes children persist, as if it were a good joke, in doing a forbidden thing, laughing and crowing with glee at success in achieving the objectionable; and sometimes they storm and resist passionately.

A child of fourteen months, not yet on her feet, has been known to distance her caretaker as she hitched to the stove, purposely to blacken her hands, casting roguish glances over her shoulder to see if likely to be caught, and laughing as if the “Baby mustn’t touch—no, no,” was a part of the game, and being caught still another. She showed she enjoyed the mischief of it. A dozen times a day she would blacken her fingers, and then fresco the white-painted door, her dress and pinafore, yet the family thought it cruel to *make* her let the stove alone. When older they would begin! Yet that very baby’s mother criticised bitterly another mamma whose four-year-old “was into everything, and never minds.”

Severe punishment is rarely necessary, if the parent has been wise, kind, and has firmly taught from the first that “no” meant *no*. It is more trouble at the time to do this than to permit things to run easy, but it is mercy to one’s self and the child to train him in the path he ought to walk. Foolishly-fond mothers call this “martial

law,” but obedience does not imply anything of the kind. The indulged child is likely to need the restraint of the military in the future.

The babe allowed to grasp all he sees, to slap mamma when a plaything is taken away and to force its return, has neither such love nor respect as has the baby who early learns that mamma loves to give him all that is good for him, but that no temper on his part can force from her that which will injure him. At four years of age the question is decided who is the head of the house; if the mother has been too fondly foolish to teach the boy to respect her, he will not begin later on. Good common-sense may help him in after-years, but in his heart he will recognize her real inferiority of character, and will show it in his general ideas of the competency of woman.

Self-restraint from unwise indulgence should be taught the child by example as well as precept. Do not punish a child for doing or saying what he learns from his instructors. Severity is often as much an evidence of a weak parent as is slackness in management. Often a child obeys one parent, and wheedles the other out of anything he fancies; he has weighed them and found which was light. It is too late to make him respect the one that has been proved wanting.

A child daily proves that it knows much, and early connects persons with things, causes with effects. A babe not yet able to put two words together was taught many cunning tricks by an auntie, sitting up quaint and old-

womanish, and folding its arms demurely, when asked: "Can Mary be a little lady now?" She could not walk nor stand alone, but would cling to a chair or lounge, and even take her playthings there to have them before her. One day she was playing beside the lounge when asked this question. She looked about surprised, and then went on (as was thought) with her playthings, moving each back carefully; and as there were several it took a minute or so, and her questioner was moving off, thinking Baby not in a mood to "show off," when at that moment she sat down upon the floor and folded her arms with that angelic demureness so much admired in her. The darling had not been playing, but had been putting her treasures where they would not fall off, and had obeyed the request as soon as she could. If she had been able to speak she would probably have said, "Wait a minute, Nan-nan." (After much training and pains she had been taught to say Nan-nan when her auntie came in.)

No one except Nan-nan seemed to think Baby might be thirsty; her bottle of milk was sufficient. And how Baby would watch mornings to see the door open through which Nan-nan would come soon, and Baby knew the first thing then would be a glass of water for her. Nan-nan was an invalid and could not walk fast, but would say, "Sit still, and wait until Nan-nan comes." And the child would become meek and watch the door through which Nan-nan had vanished with never a whimper. Yet she was a busy baby; but Nan-nan had always

kept her word, and she seemed to know that speed was impossible.

The auntie lived some hundreds of miles away, and ten days after her return home "Lady Mary" awoke in the night and became restless, moaning and jabbering her Choctaw; but neither milk, nor cracker, nor a cool pillow would soothe her. She was a charming babe by night as well as by day, and it was thought she must be sick, although there were no other symptoms than her patient moans. Finally, after a long time of this mutual suffering—for she had aroused her sick mother, who was sleeping on the same floor but in another room—the mamma at last heard one great sob, and then a shriek, as of agony, "Nan-nan, NAN-NAN!" and the usually quiet baby cried aloud. "It is water, and she is calling Nan-nan to get it for her, poor baby," says the mother, as a sudden light bursts upon her wonder. The father, scarcely believing, gets a glass of fresh water and takes it to grandma's room. "Lady Mary" goes into ecstasies as she sees the tumbler, and springs almost off the bed in her haste to get it, and it is glued to her lips until the last drop is gone! The usual smile came back, and she was soundly sleeping before the tears were dry upon her cheeks. Had not her mother guessed by the cry, she would have moaned all night. Nan-nan had been gone several days, yet the child remembered who it was that would give her the refreshing drink. Does not that prove knowledge, and a power of connecting one idea with another? Yet grandma thought Baby did not *know* that she

ought not to play with the stove, even when she would pause to glance over her shoulder to see if she was pursued!

One cannot be too careful, also, what Baby hears long before he can speak. When he learns to use his vocal organs these obnoxious sounds and words will be reproduced. Baby doesn't know? Then why does the

baby use the nurse's wicked words when he is angry? Why does he not mix with them his good-natured prattle also? Baby doesn't know any better than to scratch, bite, and kick, yet his only desire to do it is when made to give up some evil habit or loose his grasp upon some forbidden thing. Foolish nurses, Baby *does* know.

Art in the Nursery.

It is perilous to advise parents on the special education of their children, and particularly in the case of a specialty which, like that of art, involves so many chances of failure to one conspicuous success, and in which, while the fascination is such that those who have acquired the love of the art are rarely content to leave it, even in the case of failure, they who fail are more unfortunate than they who have less heart in their occupation. A man who has grown up with his mind deeply interested in art is in a kind of charmed life, and turns to more material occupations with a kind of disenchantment, and looks back with a lingering desire and a feeling that he might have succeeded if something else had been otherwise than as it was, or else, only half divorced from his old passion, never acquires fully a new one.

Yet there will be artists. "Doubtless," says Emerson, "in every million there will be an astronomer, a mathematician, a comic poet, a mystic"—and, he might have added, an artist. There will be many a one in every million who might be sufficiently successful to content himself and his for-

tune in art; and, as William Page used to say, "every man has some idiosyncrasy which, if developed to its highest, would make him the greatest man who ever lived"—a hyperbole which only overshoots truth, but is a good line shot. The only question is, if a boy shall take his choice and be constant in his effort, and willing to abide the event.

When Should Art Education Begin?

And without daring to advise any parent to attempt influencing that choice which, if it be genuine, lies in the boy's temperament, I am free to confess my profound conviction that, to give him the utmost chance of a success worth living for, his art education shall begin in the nursery. That might indeed be said of any occupation which requires special training of the hand and eye—*i.e.*, especial fineness of attention and discrimination and subtlety of execution. We know that it is true in music, and that no musician ever attains the highest standard of excellence in execution who did not begin at an early age to habituate his hands to express his feeling through the instrument. And the

same holds in drawing and painting, as we see in the lives of the greatest masters we know of. Titian entered the studio at seven and Michael Angelo at ten and, probably, earlier; still they had shown some facility which justified their apprenticeship. In France, the only country where to-day art is an essential part of the national life, it is not uncommon to find boys of sixteen already better masters of the crayon than painters of England and America who have established reputation; if they are not also equally advanced in color, it is probably because in the French system of art instruction a thorough mastery of the crayon is regarded as a necessary foundation for the painter. It may be the necessity of the French temperament which imposes this law, but it seems to me contrary to the course of nature. A child who has a decided bent toward art generally shows it first in a passion for color; and as the musical ear is most susceptible and most easily trained in youth to the finest discrimination in sound, so the eye is perfected in its susceptibility much more readily in the impressible state of childhood, when emotion is purest and most vivid, and no ideas of the real forms and natures of things come up to perplex him in his *abandon* to pure color.

Idealistic and Realistic Art.

But there are two forms of art to be considered—that in which the painter follows his emotions and the feeling which tells him how things should go, and in which, as for the poet with his verse and the musician with his music, the harmony, the fit-

ness or adaptation of part to part, makes a complete and harmonized whole of his work; and that in which the painter sets himself to render Nature, and follows her more or less exactly, but always working with primary reference to external Nature. We call the former the *idealistic* art, and the latter the *realistic*. It is evident that patience and hard work will always enable a painter who has a correct eye for the visible and material qualities of things to do a great deal without any of those special gifts which are analogous to those of the musician and the poet—what are sometimes designated as the musical qualities of color and form, the subtle sense of harmony of tint and of line, the feeling for grace and beauty in form, and those relations and contrasts of color which, for want of better and well-recognized terms, I am obliged to designate as harmony and discord, according to which tints are in accord or opposition, as we desire to heighten the ground effect by unison or antagonism. These are all essential to the idealistic painter, while to the realistic Nature is the sole and sufficient guide.

But in studying the question of art education in the tender years to which I attach such importance, it is useless to distinguish between the tendencies which I have placed in antithesis, as it is impossible to determine at that stage what form the genius of the future painter will take, or if, indeed, he shall not be a sculptor or architect. To provide for every event the best thing is to allow the free development of the ideal faculties, encourage the activity which will in any case, by the

ultimate form it takes, determine the individuality of the artist. Let the wings of the imagination—that supreme quality of the ideal—grow. They may carry him over in triumph, like Dædalus, or they may melt in the sun, like those of Icarus, and let him down to the solid earth again; but he will be none the worse for his flight, and may, indeed, if he is to become a pure realist, carry with him into his nature-study some memories of a higher view of that nature, and, while he settles down to the most absolute realization of the most commonplace nature, he will find that when the

“Shades of the prison-house begin to close
upon the growing boy,

(Still) he beholds the light, and whence
it flows; he sees it in his joy.”

That, let his journey be where and as
long as it may, he

“By the vision splendid
Is on his way attended.”

And art is after all only an epitome, or maybe type, of the higher life, in which he holds best to the end who retains most of the child-nature and preserves longest from common and sordid care the enthusiasms and prophetic visions of his childhood. For this reason I believe that there can be no erring on the side of too much in the nurture of the ideal faculty in a child who will be an artist, or even for one whose enthusiasm does not care to hold on to the real business of life, and who finds in the manufactory or the counting-room the mould of his mature life.

Why We Have no Great Artists.

The question is continually asked,

Why do we no longer have artists like those who illustrated the bloom-time of Greece or the golden renaissance of Italy? Why does the work of all our modern men, no matter what may be its executive facility, shrink into insignificance beside the Elgin marbles or the Sistine Chapel, the Stanze of the Vatican and the great Venetian work? I will couple another question with it, and answer them together: Why is our modern life so indifferent to all purely art influences that we clothe ourselves in ugliness, dwell with indifference in houses made to shock all sense of beauty, and live and die with no higher perception of the value of art than that it may serve to prop up human vanity by portraiture, or at best to relieve the wearied eye from seeing only bare walls in our homes? The plain answer is: that the modern life is so completely immersed in material pursuits and ambitions, connected not with the ends, but with the means of life, that as soon as our children's intellects begin to harden they are taught to take the shapes of business and worked into the forms best fitted for getting ahead in the world. The sense and perception of all ideal things is stifled in the nursery, and the “idle” propensities of the might-be poet or painter coerced into arithmetic, grammar, and geography, in utter indifference to the law that if the man is to have any individuality, or his idiosyncrasy to ripen to its fulness, these first years are of vital importance, and that thus indications of tendency or character are to be watched and tended with at least the care a florist gives to some

new variety of a plant whose best strain he is trying to cultivate.

Then, having boxed up our young mind as if in a Chinese shoe, if, later on, we find that there is an uncontrollable bent toward art, we lament it as a vagary, and abandon the child as a hopeless and profitless Bohemian; and he takes the only line left him and begins too late to exercise his cramped faculties in some school of art, where they set him to stiffen them still more over plaster casts until he is competent to take the advanced step into the life-school and train his art-gifts in *pose plastique*—how to represent a model who sits an hour at a time in some pose no human being but a model would ever stay two seconds in. I will not say that there are no artists who have survived this method, and so far resisted the destructive influence of it as to do work worthy to be kept, but I am surprised at the artistic vitality which survives.

We have no American school, no American art, in fact; not merely because our painters go to Paris and Munich to study, but mainly because a national individuality in art can only be developed by the aggregate of personal individuality; and by our systematic neglect of the ideal faculties, beginning in the nursery, we suppress all ideal individuality of the boy or of the American. We finally turn him over to Nature to be educated, not knowing that a naturalistic art cannot be a national art in any of the higher aspects, because Nature's is a procrustean standard and amputates or stretches all men to one measure, that of absolute fidelity to an externality which can be neither individual nor

national. A realistic school can never rise above a very moderate level. Nature can't go wrong, but she can't go beyond herself, and is only good as a servant, never safe as a guide, to the higher power of art. She obstinately and eternally ignores and abhors the ideal.

Best Method of Earliest Art Studies.

What shall be done, then? It would be something if we could have schools for children where they would be taught, or rather allowed, to work out this problem of the ideal in perfect liberty, guided by sympathy and the knowledge they need; where the embryo artist should be permitted to stain paper with good water-color and waste it with good pencils in useless efforts to embody even the most infantile conceptions, under teachers who could understand the childish ways of seeing and working, teach the elementary processes and combinations of color and the primary notions of good execution, always in a way to help the child express its own conception. In default of such schools what the parents may do is, or may be, of vital importance. They may not be able to give much technical assistance, but the next best thing they may do—let the child pick it up and it will come sooner or later, for the human mechanism is always the same. They should give a child who shows any disposition for pictorial activity clean paper and a box of good water-colors, not to exceed half a dozen colors, and show him how to dissolve the color without making a "suds," and then how to wash simple tints, how to make greens and grays and browns

by mixture, and as far as possible to get the tint it wants without muddling. They should always encourage working with color rather than with pencil, for this purpose giving him woodcuts to color, etc., until the desire for new forms arises, when he will take to the pencil if needed, but always as subsidiary if there be any real feeling for color; and in the contrary cases, as in children who take to caricature, the pencil will be all-sufficient and make a language of its own. Doyle, the famous illustrator and caricaturist, grew up in this way, and never used a model for any design.

Suppose, for instance, that the child will draw a horse. Let him draw it freely and as he conceives it; then, by way of instruction—supposing he is old enough to take it—show him by comparison with a live horse wherein his fails, and next time he draws a horse it will be more like. To set him to draw the horse precisely from nature is to give him an idea of a horse in immobility. Look at horses he must, and be taught little by little to correct his idea, whose early imperfections will not annoy him as they would when his intelligence is more completely formed, but the conception and the knowledge will grow together, and the child will never be ashamed of its imperfect work, but enjoy it, and work with pleasure through the long

development of its childish ideal to mature knowledge. The essential in art-training for children is to keep alive the keen enjoyment in their work, and to let them work out their knowledge of nature by their own growth in art. To set children to draw from nature is to put them to run against a stone wall—it confines, arrests, or diverts the normal development; it is a captivity, and generally ends in disgusting the child with art if he have any genuine invention or individuality.

It may be that in the end all this will come to small fruit; this is the chance all human development must risk. It will do the child no harm, and, in my opinion, it is the only opening to the highest forms of art, either in the individual or in the nation. Give the child after this other education; enlarge his mind by knowledge of books and men and art—for a large mind only can entertain large ideals; but let art get the start over all other forms of training or education. Above all things keep science far in the background, for its spirit is most antagonistic to that of art, especially physical science, anatomy—even “for artists”—geology, etc., etc., all which tend to make an artist see things as they are known to be and are constructed, not as they seem to be to the sense of beauty and the uses of art.

S.



Outdoor Pastimes.

Profitable Summer Rambles.

Many mothers who read the articles upon nature study that appear in *BABYHOOD* say: "I would like to teach my children more about such things and lead them to see the beauties all around them, but I do not know about them myself and do not know how to begin."

If it would be of any help to such mothers I would like to tell them of a semi-invalid and her charges in whom I was much interested one summer.

Most of her time was spent out of doors, and soon her little nephew and niece and their friends were her constant companions. In trying to answer the many "whats" and "whys," she took "How to Know the Wild Flowers" with her when going for a ramble.

Such eager searching as there was for new plants and flowers! And great was the joy of the little circle as they sat around the book and located them, first by color and then by picture or description. All flowers were pressed and bits of information written about them, and when the last autumn leaf had gone to sleep under the snow the little men and women knew the familiar name of some seventy wild flowers, knew in what surroundings they flourished and what was their especial month for first appearing. Their interest seemed to spread over the whole town, and papas and mammas suddenly remembered many useful bits of information of almost forgotten school days. Gathering flowers brought them in contact with so much else

about which the little minds wanted to know *everything*.

One quiet little maid of seven always gathered ferns. There seemed a likeness between the fair child and the delicate fairy plants she loved. A penny bank was found to have money enough to purchase "How to Know the Ferns."

Now all the old hunting grounds were gone over again with a new and broader interest, and ferns were fast becoming no strangers in name or nature to one young mind, at least.

No one, not even the leader, knew much of the "woodland treasures," but all were full of "I want to know." A tiny museum was started, to which the "barefoot boy" contributed no small share; acorns, cottonwood balls, maple seeds, thorn apples, milkweed pods, mounted specimens of native orchids and finest ferns, and many bits of wood, showing the grain and character of some of our forest trees.

Let no mother feel discouraged over her own lack of knowledge. It is wonderful how such an interest grows when once started. I think such a helpful motto for some of the seeming hard things of life is Horace Greeley's saying: "The only way to resume specie payment is to resume." Try, each day, if for only ten minutes, to live with your children in the outdoor life. Your knowledge and happiness will increase with theirs, and the rarest moments for spiritual training will come at such times.

I. F.

A Reformed Primer.

II.

In laying down a programme for what we may term, for convenience' sake, the first course in teaching reading according to our reformed primer, the following are the main points that will have to be observed. There are two letters in the English alphabet whose names to the untutored infantile mind are altogether unsuggestive of the sounds which they represent, *h* and *w*. Words containing these letters are therefore not to be used, unless exceptionally, in our first course. We would here recommend to those who have embarked in the arduous campaign in behalf of a reformed English orthography that they should seek to introduce this little reform in our alphabet: the changing of the names of four of the letters, which we think would be a considerable gain in the matter of teaching our little ones to read, and to which, unlike changes in orthography, there could hardly be any practical objection. We would suggest that the name of *h* be changed from *aitch* to *hah*, that of *w* from *double u* to *woo*, that of *g* from *jee* to *gay*, and that of *q* from *kew* to *koo*.

As with *h* and *w*, we shall have to exclude words containing *th* (*the* may be retained exceptionally), *sh*, *ch*, and *gh*. The letters *c* and *g* have each two entirely distinct values (*cat*, *cent*, *gun*, *gin*). We shall have to confine ourselves in each case to one class of words, to those in which the letter has the soft sound, or that corresponding to its name. We shall have to banish

nearly all words containing diphthongs. Only such words containing *i* can be admitted in which the letter has the long sound corresponding to its name. With one or two exceptions words spelled with *u* will have to be excluded, this letter in most short words having a value which its name does not indicate. It may seem at first sight that the letter *a* ought not to be introduced when sounded as in *father*. When it has this sound, however, the vowel is usually followed by *r*, whose name is the syllable *ar*, in which the clear and protracted vowel sound obliterates to a great extent the impression made on the ear in reading off the *a*. Take the words *farm*, *marl*.

Consistency with our scheme would seem to require the exclusion of words terminating in silent *e*. As a matter of fact, however, monosyllables with final *e* belong to the most eligible class, for in the case of most of them the sound of the word has been more or less closely rendered in naming all the letters but the last. Take, for example, *nice*, *page*, *lane*, *sole*, *lime*. The beginner will learn to read such combinations without any difficulty. The final *e* may, moreover, be printed in light type, as is frequently done, in which case such words will be the easiest of all.

Having surveyed the field and indicated the principal limitations with regard to the use of the alphabet, let us proceed to compose lessons for our first course. We have cleared the path.

for the English-speaking child so as to place him provisionally on a level with a pupil learning to read in any other language—we mean on an equal basis with respect to the difficulty he will experience at the beginning in learning *how to read*. He will, indeed, at first be at a considerable advantage as compared with the children in many countries of the European continent by reason of the relatively great number of monosyllabic words in our language. It is only in the English language that books can be written containing only words of one syllable.

Having led the pupil on smoothly for a considerable distance, until he has become familiar with the process of deciphering words phonetically written, we may proceed to the teaching of combinations of difficult and irrational orthography. We shall be careful to present but one new difficulty at a time. With the introduction of each new phonetic equivalent, a large number of sentences must be placed before the child containing a word in which the letter or combination in question figures, and when the next step is added the preceding one must not be neglected, but what has just been acquired must be assimilated by frequent repetition.

The rapidly increasing range of sentences at our command will enable us to drill the child thoroughly in what has been taught him. The greater the space over which the exercises corresponding to a certain amount of advance in reading are spread the smoother will be the pupil's progress. *Repetition* must be our motto in teaching the art of reading English.

It will be evident from what we have said that in the selection of a vocabulary for the first part of our reformed primer, we should constantly be guided as far as practicable by the formula that *the more nearly the sound of a word is contained in the combination of sounds heard in the act of spelling it, the better adapted that word is to our purposes*. It is not difficult to determine in what classes of words this correspondence is the closest. The following are the consonants whose names most nearly coincide with their values: *x, s, f, n, m, l*. In our choice of words we should at first draw as far as possible upon these letters. The following are among the easiest words of three letters:

fox,	for,	man,
box,	far,	mat,
Max,	fan,	lap,
Sam,	fat,	ran,
sad,	and,	old,
see,	pan,	eel.

The following words of four letters contain two out of the above six consonants, and it is less work to teach a child to read them than a great many of the most common words containing but three letters:

farm,	flax,	fine,
fast,	slap,	nine,
last,	arms,	line,
mast,	send,	mine,
land,	sent,	same,
sand,	lend,	file,
find,	lent,	life,
mind,	lime,	mile,
lame,	nose,	safe,
name,	some,	sold,
most,	male,	fold,
none,	soft,	lost.

This list may be enlarged, and a very extensive one may be formed of

words in which only one of the above consonants occurs.

Words of three or four letters containing double *e* are among the most easily recognized if the child in spelling be told not to say "double e," but to repeat the letter. Such are *bee, see, eel, seen, seem, deep, feel, need, seed, peel, meet, feet, deer, beet, flee, tree, feed, reel, reed, deed, keep, peep*. Monosyllables in which soft *c* enters belong to the easiest: *ice, nice, mice, rice, vice, dice, face, lace, race, pace*. The following sentence of three words would be almost perfect from the standpoint of our phonetics: *Flee from vice*. On a level with the last class, we may place the words in which *r* follows *a* and which do not terminate in *e*: *far, bar, jar, tar, arm, art, ark, barn, bark, lark, star, spar, darn, dark, park, dart, mark, lard, marl*. Several words with *j* and *g* soft are on a par with those just given: *Joe, Jane, Jake, jam, jet, joke, jest, jade, age, page, rage, sage*.

In the names of the consonants *b* (*be*), *c* (*ce*), *d* (*de*), *g* (*ge*), *p* (*pe*), *t* (*te*), *v* (*ve*), *z* (*ze*), *j* (*jay*), *k* (*kay*), and *r* (*ar*), the vowel sound is much more prominent than in the case of *f* (*ef*), *l* (*el*), *m* (*em*), *n* (*en*), *s* (*ess*), and *x* (*eks*), and consequently those consonants as phonetic characters are inferior to the latter, as a careful comparison of the following words will show: *Far, bar; mice, dice; lace, pace; fire, tire; fox, fop; sane, vane*. In spelling *lace* (*el-a-ce-ee*) from the printed characters before him the child cannot fail to recognize the vowel sound in the word, but in the case of *pace* (*pe-a-ce-ee*) he may possibly become perplexed and pro-

nounce *peace* instead of *pace*. The pupil may proceed to monosyllables of five or even six letters before we carry him beyond this simplest orthography with which we have been dealing. It may, indeed, be well to confine his spelling lessons to words of four letters for some time after he has begun to read longer ones. A little exercise with words like the following will show how readily he can advance beyond four letters as long as our scheme is adhered to:

Spark,	Flame,	Snarl,
Store,	Flake,	Smoke,
Stone,	Plate,	Snake,
Slate,	Plane,	Sneeze,
Smile,	Price,	Fleece,
Space,	Blast,	Stripe,
Start,	Blest,	Breeze,
Stale,	Pride,	Sponge,
Strap,	Trace,	Sprite.

The words in the first two columns contain each a four-lettered word. When the child has learned to read monosyllables within the range of the restricted alphabet of the first part of our primer, we shall introduce him into the second course, in which he will have to deal with monosyllables whose sound does not correspond to the names of the component letters, but which are written in accordance with simple rules of orthography. We shall acquaint him with the following phonetic elements:

The letter *u*; short *i* (*pin, bird*); *h* (not combined with another consonant); hard *c* (*can*); hard *g* (*gun*); *q*, *w*, *y* (consonant), *sh, th, ch, ck, tch*, and the whole array of diphthongs (excepting *ee*, previously taught). We may begin with *u*. We shall find at our disposal a list of about fifty monosyllables in which this vowel has

the sound heard in *gun*, and in which the consonant elements are already perfectly familiar to our pupil. We shall next proceed to introduce the consonant *c* as expressing the sound of *k*. This step will be an easy one. The child has not seen this letter thus far in our primer at the beginning of a word, for it occurs very rarely in that position with the *s* sound in words of one syllable. He can be made to understand for the present that he is to give to initial *c* the sound of *k*, and this lesson can be readily inculcated by the large vocabulary which will be at our command. Having fully familiarized him with the double function of *c*, we shall next deal with the letter *g*, whose case in this respect is analogous. In nearly all the monosyllables in which it is the initial letter, and they are very numerous, this consonant has the hard sound. After this words with final *g* may be taught. The next step may be the letter *i* with the sound heard in *pin*, and this may be followed by *h*, the value of which will, indeed, have been already taught to some extent by the frequent use of *he*, *his*, *has*, and *have* (words exceptionally introduced from the beginning). It will be well to give the following list first: *H-am*, *h-and*, *h-arm*, *h-at*, *h-ate*, *h-eel*, *h-old*, *h-ark*, *h-ale*.

We may next select the most available of our numerous diphthongs, *ea*, restricting our vocabulary at first to words in which it has the sound of

long *e* (*steam*). After this we may proceed to *sh*, and so on until we have covered the range indicated for the second course. We shall reserve for the third course in the child's instruction such combinations as *igh*, *ough*, *augh*, *aigh*, *eigh*, *ign*, *kn*, *wh*, and *wr*. By the time he has reached this stage in his progress he will be prepared to grapple with words of two syllables. They may be ushered in by words like the following: *Farmer*, *baker*, *driver*, *reaper*, *larger*, *aged*, *cages*, *deepest*, *later*, *supper*, *started*, *fishes*, *teases*, *broken*, *bolted*, *melted*, *maiden*, *gladly*, *badly*, *nicely*, *slowly*, *sadly*, *neatly*, the adverbs serving also to teach a phonetic value of the letter *y* not represented in monosyllables. The making of books consisting of words of one syllable is a rather singular excrescence of our modern methods of teaching children. As though such monosyllables as *knight*, *caught*, *weighed*, *laughed*, *twelfth*, *straight*, and *whipped* were not fully as difficult as words like those which we have just enumerated. Productions of this kind could be greatly improved if the line were not drawn at "one syllable," but on the borders of the easy and difficult. There is no reason why a child who is prepared to read such books without assistance should shrink from words of two syllables, a large proportion of which are written in accordance with definite and simple orthographic rules.



The Mothers' Parliament.

**The Prune and
its Desirability
on the Nur-
sery Table.**

Were it in my power, I would like to impress on the minds of all mothers of young children the great value of the prune, both as food and medicine, in the list of eatables for the little ones.

It should not be used as a luxury alone, or for special occasions, but as a daily article of diet. There is little doubt of a child's liking it if his taste is formed sufficiently early, and it is one of the first fruits—indeed, I have found it the first—that young children can eat with no evil results. Of course it must be used with discretion, at proper times and in proper quantities, but that is no more than can be said of all food products provided by nature or art for the human stomach. There is a right and a wrong time even for a glass of water.

My little girl began with half-a-prune every alternate day when considerably less than a year old, gradually increasing the quantity, until now, at twenty-three months, she orders her daily ten-o'clock lunch: "Mamma, toas' and poon, five poon."

Though she seldom eats the number called for—they being invariably large, juicy ones, selected with a special eye to her well-being—she usually has all she wants, eating them, as I insist she shall, in conjunction with her toast or bread and butter.

I know of no more wholesome lunch for a child of from one to four years than home-made, whole-flour bread, very lightly toasted, and spread with finely pulverized prune-pulp. As a remedy for, or preventive of, consti-

pation with my little ones, it has no equal.

It must be remembered there are prunes and prunes. This letter refers to that variety commonly known as the French prune, which is pre-eminently the prune of commerce. Even of this there are fine distinctions and subdivisions, differing so slightly that only an expert can distinguish among them. Of other common varieties grown and cured for market on the Pacific coast, where the prune industry is fast assuming magnificent proportions, are the Oregon Silver, the German, and the Hungarian. Of these, that most nearly resembling the French is the German, but, unlike the former, it is delicious for canning, being larger and tarter, and reminding one of the Columbia plum.

For older children, to whom the French prune alone grows somewhat insipid from its invariable sweetness, a most enjoyable dish can be made of the two stewed together in proportion of three of the French and one of the German. This may require a little sugar, though the probability is it will not if this proportion is observed. The Hungarian prune is hardly fit for children's use in any form, being very acid, strong, and high-flavored when cooked, though in the raw state the flesh denuded of the skin is comparatively sweet and palatable. It is the beautiful reddish-purple plum, rivaling in size a small peach or Japanese persimmon, found now in nearly all the large markets of the Eastern cities in the early fall. It may be known by its great size, rich color, and its ten-

dency to "twin," almost half the prunes being "doublets." It is not dried to any great extent, both from the fact that its great size renders it difficult to dry without pitting, and because it is not very salable even after the work is complete. It is best adapted for pickling, preserving, and jellying; but when formulating the nursery bill of fare, fruit in these forms should be largely, if not wholly, excluded.—*H.*

The "Ounce of Prevention." I noticed in a recent number a question regarding bow-legs, and I think perhaps

my experience may help some mother. When my baby was between two and three months old I thought there was a curve between the knee and the ankle. All my friends laughed at me and said that babies' legs were always that way; but as my husband's are slightly so, and all of his family the same, I thought it better to do something. I consulted my physician, and he said they were a little crooked, but that the bones were so soft I could straighten them if three or four times a day I would hold them straight for a few minutes, which I did when she was



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nursing. She stood alone at ten months, and walked alone across the room on her birthday; and though a pretty heavy baby, her legs are as straight and nice as possible. All my friends say they "knew that they would come all right"; but I don't think they would if I had not attended to them.

I am a great believer in that ounce of prevention, and think I will mention another cure wrought by it. My baby had no hair to speak of at first, and when it came in I noticed a cowlick coming, so when I was holding her I gently smoothed it down, and after a very short time it grew all right.—
J. A.

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

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Babyhood.

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VOL. XVIII.

AUGUST, 1902.

No. 213.

Concerning Disinfection.

It is only within recent times that we have attained by the experimental method a precise knowledge of the comparative value of the various agents which are popularly known as disinfectants; and this knowledge has not yet been practically applied, to any great extent, even by health officials and physicians. It is therefore not surprising that in domestic sanitation methods are still practised which have been shown by recent experiments to be entirely inefficient, and worse than useless, inasmuch as they inspire false confidence and lead to the neglect of trustworthy measures of disinfection.

The Real Meaning of Disinfection.

Before going any further it is necessary to explain what we mean by the terms "disinfectant" and "disinfection." Popularly, the destruction of bad odors or the arrest of putrefaction is supposed to constitute disinfection, and any agent which neutralizes or masks the unpleasant odors given off from putrefying material is considered a disinfectant. This is not the sense in which the terms are here used, for the progress of science has made it necessary to give them a far more

restricted signification. An agent which neutralizes a bad odor may be called a *deodorizer* or deodorant (?); an agent which arrests putrefactive decomposition is an *antiseptic*. A *disinfectant* may accomplish both of these objects, but it is not a disinfectant for this reason, but because of its disinfecting power—i.e., its ability to neutralize the infecting power of infectious material. By infectious material we mean material capable of producing specific morbid phenomena—disease-producing material. Such material is given off from the bodies of patients suffering from smallpox or scarlet fever; it is contained in the alvine discharges of typhoid fever and cholera patients; it is present in the sputa of those suffering from tuberculosis or diphtheria, etc. The object of disinfection is to destroy such infectious material at its source—that is, in the sick-room.

Evidently, disinfectants have no place in healthy homes, and rosy-cheeked children with good sanitary surroundings need not be obliged to turn up their noses at the smell of carbolic acid or chlorine, introduced

into the nursery by over-anxious mothers with the laudable purpose of frightening away "disease germs."

And here we may as well confess at once that disinfection, from our point of view, consists essentially in killing the micro-organisms—microbes of Pasteur and the French authors—which give to infectious material its specific infecting power—that is to say, disinfectant and "germicide" are with us synonymous terms. It is true that we have not yet a satisfactory scientific demonstration that all infectious diseases are caused by the invasion of the body of the sick person, or lower animal, by living germs; but we have positive demonstration in a sufficient number of diseases of this class to make it appear extremely probable that it is true for all. And the only available tests of disinfecting power known to us relate to the ability of the agents tested to destroy known disease germs or harmless micro-organisms belonging to the same class—*e.g.*, the ordinary bacteria of putrefaction.

The measures to be taken in domestic practice are identical with those which should be employed on a large scale by those entrusted with the responsible duties of guarding the public health—*viz.*, quarantine, general sanitation (municipal and personal cleanliness), and disinfection.

The object of *quarantine* is to prevent the introduction of disease germs into our seaport cities, or into the baby's stronghold—home.

By *general sanitation* all decomposing organic material—filth—which might serve as a nidus in which disease germs could grow, is to be removed

and put out of the way of doing harm. And here we may remark that disinfection can never take the place of removal and cleanliness in disposing of such material.

Finally, it is the object of *disinfection* to destroy disease germs, and the object of this paper is to indicate as briefly as possible how this may best be accomplished in domestic practice.

The Destruction of Disease Germs.

Disease germs gain entrance to the body mainly by way of the respiratory passages, or in fluids and solids ingested as food. We must see to it, therefore, that the babies do not breathe a contaminated atmosphere, and that no deadly disease germs are lurking in the delicious milk or other food which loving hands convey to their eager lips. A pure atmosphere is to be maintained in the house, not by the use of disinfectants, but by guarding all avenues by which foul air is likely to be introduced from without, and by sending disease germs up the chimney or out of the window when the fortress has been invaded and one of the little ones has fallen ill with an infectious disease. In short, we must depend upon good plumbing, cleanliness, and *ventilation* for maintaining the purity of the atmosphere in rooms occupied by the babes, whether sick or well. And experience proves that these measures are efficient, and that the bad-smelling substitutes for fresh air which have been proposed are worthless and unnecessary.

We come now to the question of destroying disease germs in food and drinking water. Fortunately, this is

a very simple matter, and it will not be necessary to send to the drug-store to have the prescription filled. Those disease germs which are most frequently introduced into the body in this way are promptly destroyed by heat, and we have good reason for believing that the deadly germs of Asiatic cholera and of typhoid fever are impotent for mischief after they have been subjected to a boiling temperature. Indeed, we have experimental evidence to show that all micro-organisms of the class to which disease germs belong, *in the absence of spores*, are killed by a temperature considerably below the boiling point. Our knowledge is not yet sufficiently exact to enable us to say with certainty just what disease germs do not form spores, and consequently are infallibly killed by a boiling temperature, but we may pretty safely include in the list smallpox, diphtheria, puerperal fever, erysipelas, cholera, and, perhaps, also typhoid and scarlet fevers.

As we have ample evidence of the transmission of several of these diseases by means of contaminated milk or drinking-water, it is evident that we have a precious resource in the simple expedient suggested for protecting the little ones from this danger. And when there is the slightest ground for suspicion as to the purity of the source from which milk or water for drinking is obtained, it will be a wise precaution for mothers to insist that these fluids, or food prepared with them, shall be boiled be-

fore they are given to their children or to any members of their household.

When it is thoroughly understood that disinfection is in most cases effectually accomplished by boiling, it will hardly be necessary to suggest to those in charge of the sick that the simplest way of disinfecting bed linen and clothing which can be washed is to immerse it in boiling water. In order to keep on the safe side it is well to boil infected clothing for an hour or more.

It is quite unnecessary to destroy any article which can be boiled, but it is better to burn woollen clothing which has been in contact with patients suffering from smallpox or scarlet fever, and which would be injured by boiling.

Thus far we have not had occasion to recommend the use of any chemical disinfectants, but these agents also have their use, and a very important one. They are required for the destruction of germs at their source, and especially in the excreta of patients with typhoid fever and cholera, and in the sputa of those with diphtheria, tuberculosis, and other infectious diseases. We have these deadly germs at an advantage in the sick-room, where they are contained in a comparatively small amount of material, and they should be destroyed at once; for many of them are capable of indefinite multiplication outside of the human body, and to sow them broadcast is to help them reap their death-harvest, especially when in sewers and cesspools they find conditions favorable for their abundant development.



Imitative Movements of Children.

To attempt to explain and interpret every movement of the infant would indeed be a difficult task. A careful study, however, of its many actions and movements in health and in disease is of use to the thoughtful observer, be it mother, nurse, or physician.

To speak of the infant in health, we notice different actions and movements which are certainly evidences of the existence of a will, and which may be taken to denote an expression of this will before the child is able to make itself well understood by speech. Of course the power of speech and understanding, or reason, in time supplants this sign-language, as it may be called, of the infant. It is only when some defect in development, or an accident, prevents the sense of speech and hearing from becoming developed, that we have a case in which the sign-language is the only means of communication. We mean, of course, deaf mutes. When language fails to express one's ideas, then gestures and other such movements must be resorted to. Thus we notice that some nations are more violent and use more gestures in their manner of so-called quiet conversation than others, and this is doubtless due either to the paucity of the language or to the inability of

the individual in question to express himself in that language.

Instinctive, Imitative, and Other Movements.

But in regard to infants we may regard the movements in the following classes; impulsive movements, reflex movements, instinctive movements, imitative movements, expressive movements, and deliberate movements. The impulsive and reflex movements may be dismissed without further notice. Instinctive movements are best observed in the lower animals. Why certain animals carry out certain complicated actions soon after birth can only be explained by saying that these actions are instinctive. Instinct is said to be the inherited memory. The most important instinctive movement of the infant is sucking, which may be considered by some as reflex in character. The imitative actions lay greater claim to our attention. Man is the most imitative of all animals. This may seem a bold statement when we know how skilful many of the lower animals are in imitation and mimicry. This is especially to be seen in our long-tailed cousins of the ape family.

Development of Imitation.

The infant in its development progresses much more slowly than the lower animals. After the senses of

sight, hearing, feeling, taste, etc., are developed to a certain extent, then the fact that the child has a will begins to be apparent, and herein it shows itself superior to the most developed lower animal. As soon as the infant or child begins to imitate we may conclude it has a will; for to be able to imitate it must have a mental impression of what it sees and be able to reproduce this impression. But of the elements necessary for this process, memory and attention are more used than reason. In some cases the act is not an imitative one at all, but simply reflex. Thus an infant in a room or in a railroad car with other infants of about the same age begins to cry and soon all are crying, but in this case we do not believe this is strictly an imitative act.

Truly imitative acts are not noticed earlier than the sixth or seventh month. Almost every child is taught to wave its hand and say "ta-ta," or make some such sound. This is truly an imitative act. The infant or child does not always associate the idea of going out, or of separation from a person, with this action. We have a case in mind in which the child waved its hand as usual on opening the door, and when some one opened and closed a closet-door before it, it was observed to make the same movement. The infant watches the person who waves to it, and at first with stolid face makes no motion itself, and after a few minutes suddenly raises its hands and gives a few quick waves, but it is not until the tenth or twelfth month that it waves the hand responsively and intelligently. Of course some precocious children may do this earlier.

The Part of Memory in Imitation

As early as the ninth month infants or children may be taught to play hide-and-seek, but in a very clumsy manner, the infant endeavoring to hide its face behind a handkerchief held in the hands, as it has seen the mother or nurse do. We all know how easily some children are taught to look displeased or disgusted at the smell or sight of unpleasant objects. The child remembers, of course, most easily those acts most frequently repeated, and may, indeed, be conscious of their meaning. It, however, does not show this intelligence in its mechanical or instinctive movements, but simply in the imitative movements. As the child begins to talk the imitative act becomes more frequent, and, indeed, just as it begins to make sounds and before it articulates—that is, in the fifth, sixth, and seventh months—it is often taught to imitate certain animals, and can even point to the most familiar ones. Some children, before they speak with distinctness, have so far cultivated their memory that they can remember, from their picture-books alone, the names of many animals whose names they have only heard repeated a few times.

The older the child the more complicated its imitative acts. How often do we notice a child at play imitating the actions of its elders in such a way that it amounts almost to a caricature! We see young children at play, standing before the mirror combing out long hair in imagination, or pretending to walk over a gutter holding up imaginary trains, or even pretending to read a newspaper or book and sit-

ting for minutes at a time with the print upside down in the hands.

Dangers of Imitation.

As the child reaches its second year it becomes very observant, and its surroundings, whether good or bad, make a great and lasting impression upon it. At this very time, therefore, the mother should try to have the

child with her as much as possible, because it may learn much evil and take on bad habits which are injurious to it. The mischievous effects of the power of imitation in children are sometimes painfully apparent in certain nervous affections, some forms of St. Vitus' dance being attributed to imitation as a cause.



Our Girls.

"A certain high-school boy went home last night delighted with the idea of a military drill about to be introduced into the school. 'I tell you,' he said pityingly to his sister, 'it pays to be a boy!'"

The paragraph just quoted appeared in a recent number of one of the weekly journals. It was in the column labelled "Funny," but it suggests a point which parents, especially mothers, would do well to heed.

Probably thousands of boys pityingly, and more thousands of girls mournfully, have said or thought, "It pays to be a boy." Nearly as old as civilized motherhood is the dialogue between mother and daughter, in substance as follows:

"Mamma, can't I do this?"

"Oh, no, dear!" in horrified accents.

"But, mamma, Tom does, and I want to. Why can't I, mamma?"

"Why, my dear, Tom is a *boy*. Little boys can do lots of things that it

isn't nice for little girls to do, you know."

And this system, often begun in very infancy, is followed out till the girl grows up into womanhood, either accepting her trammels as a matter of course, or chafing vainly all the way along, envying her brothers, cherishing a deep-seated grudge against old Dame Nature, and having the thought which one girl at least expressed when she said: "I fairly hate myself for having been born a girl!" Girls in heathen lands may well feel this, but when girls in enlightened Christian countries feel so something in their training is awry.

Now, while it is true that a grown girl in many respects cannot do as a grown boy does, and usually has no desire to, it is also equally true (with the exceptions admitted to all rules) that a little girl can do almost exactly what a little boy can, and she usually wants to; and, further, if allowed to, she

generally will do it. If mothers will guide instead of thwart this tendency, it will be vastly to the benefit of their girls, and not at all to the injury of their boys. There would seem to be no good reason why the training and education of girls and of boys should not be essentially identical up to a certain age. Be not in too great a hurry to impose upon your little girl the burden of sex. She comes into the world a little, happy, free human being, caring not at all whether she is a boy or girl, so long as her divine and inalienable rights of food, love, and a good time generally are not denied to her. God gives her life; do not you, because she is a girl, curtail her liberty or forbid her the pursuit of happiness in her own and Nature's way. Things that are "nice" for a boy are "nice" for his sister while both are little children. Things that are "proper" for a healthy, active girl are usually just as "proper" for a healthy, active boy. It is a mistaken notion that certain roughnesses, a certain disregard of the proprieties, a certain boisterous liberty, may be allowed to our boys, because they are boys, when they are not permissible to our girls. Would we have our girls rough and boisterous, then? By no means. And just as little would we have our boys so. But we would have our boys strong, athletic, fond of exercise; we would let them run and climb, and even shout, if the exuberance of their spirits demanded it—all in the proper time and place. We should not deny the same privileges to our girls, so far as their strength allows them to take them. Some forms of exercise, to be sure, such as jumping rope, running

up and down stairs, and the like, are to be deprecated for girls. Many mothers and physicians think them not desirable for boys. But if a girl goes fishing with her brother; if she can walk as unweariedly; if she can climb a tree with as monkey-like facility; if she can drive a nail straight without detriment to her fingers, and has a Yankee dexterity with a jackknife; if in shooting she does not have to aim behind her to hit something in front of her—then she is both a useful and a happy girl. She is laying up strength against the evil days to come when so many women helplessly capitulate to their "nerves." She is keeping her brother in a purer and more refining companionship than any afforded by the rough village boys. She is substituting for the patronizing Tom Tulliver affection which many boys give to their sisters a genuine, hearty respect and feeling of comradeship which will always be a powerful weapon for good in her hands. With careful home training, and some share of natural intelligence, such a girl need never degenerate into a hoyden. She will only be adding to her feminine endowments of fineness and quickness a certain largeness and breadth which does not come naturally to women.

"Well, it's some comfort to go fishing with you. You bait your own hook, take off your own fish, and clean fish faster than I can. Generally we have to spend half our time in telling the ladies when they have a bite, and the other half in baiting their hooks and untangling their lines; and as for cleaning fish——!"

So said a blunt young man recently

to his Sunday-school teacher, a lady who had not forgotten the woodland wisdom of her childhood. She was the mistress of a lovely home, a practical housekeeper, and a lady every inch, for all her skill in fishing. She is only a sample of possibilities.

To every true-hearted and well-mothered girl there comes a time when

she feels her femininity. Of her own instinct she will refrain from some things because she is a girl. Do not hasten that day. Put no fictitious barriers between her and her brothers, but let her be a little girl as long as she will. She will the more surely grow up to prize her womanhood, feeling all along that it "pays to be" a girl.



Mistakes.

An incident mentioned in a recent number of *BABYHOOD* ought to set mothers (and fathers) thinking. A little boy, after several whippings for climbing over the fence and running down the road, when asked if he would ever do it again, answered:

"No, papa, I never will. I'll *crawl under*, as the chickens do."

The answer is suggestive. That children are sometimes over-indulged and allowed to disobey is pitiably true; that they, as well as animals, are sometimes punished for what they do not understand is also true. Where there is the slightest doubt as to act or intention, for the sake of justice and mercy both, let us give our children "the benefit of the doubt." One unjust punishment does more harm than ten escapes from that which is deserved. There are several reasons weighing against a hasty or severe judgment of these little ones; not only

the present suffering—greater to them, perhaps, than we are apt to realize—but also the remembrance of injustice, the sense of injury that lingers and sometimes is recalled years afterward, as some of us know, and, worse than all, the temptation to deceit it throws in a child's way.

A lady, now a grandmother, recalls vividly an instance in proof of this in her own far-away childhood. She had then a strong feeling of conscientiousness and was inclined to be truthful, but was once tempted beyond her childish strength. Her nurse charged her with having wilfully cut her dress, and pulled her into her mother's presence to make complaint. There was a small but jagged rent in the thin muslin (a dress she wore to play in), which both mother and nurse thought looked as though it had been cut by scissors. The child really had not touched a pair of scissors for days.

She had not seen the rent—it could scarcely be called a hole. That morning she had fallen down outdoors, and honestly thought she must have torn it at the time. Grieved and indignant, she said so, but was at once charged, by both mother and nurse, with falsehood in addition to the first offence. The only escape from a whipping was to say that she had cut her dress and would not do it again; that she was sorry for that and for the *falsehood*. Of course the child said what she was commanded, but to this day she remembers the injustice.

Parents should be careful not to punish without positive proof, both of a wrong act and of wilful intention. Even then, better be too lenient than too severe. At all events, never make children afraid to tell what they believe to be the truth. Their statements may be absurd or improbable, but time should be taken to ascertain not only facts, but the child's understanding of them. Little children, before they are old enough to distinguish between truth and falsehood, often tell what are called lies by their elders. These things should be explained to the child carefully and patiently. With this patient teaching, and, more than all else, the parents' example of perfect sincerity in word and act, the chances are that the children will grow up honest and truthful without severity of punishment.

No accident should ever be met with punishment or blame. A child may be very careless, and need patient, gentle training out of this fault, but the loss or trouble entailed should never be taken as the gauge of the child's intention or the measure of discipline.

A mistake should never be harshly judged. Parents should make sure that their "requirements and forbidings" are understood rather in the spirit than the letter; children are very literal in their interpretations.

A bright little boy of four years chanced to hear his grandma say, in an impatient mood: "I'd set fire to the house before I'd live this way another year." He said nothing at the time, but evidently thought it over, for the next morning he asked, very seriously: "Mamma, if gra'ma wants her house burned down, couldn't you set it afire? I'll hold the light."

It was a perfectly sincere offer, in the spirit of hearty good-will. The single motive was the desire to please grandma. Fortunately this child carried the case to his mother, his almost constant companion; but if he had acted upon impulse and had himself set the house afire from a commendable thought and motive, what would have been the instant judgment, if not of the family, at least of outside people? Would it not have been said that he was a very bad, malicious boy—strangely so for one so young—and deserving of the severest punishment? In reality he would not have been in the least to blame.

A little girl about three years old was in her mother's room while she was cutting out work. The child watched her quietly, amused at the swift passage of the shining shears through the white cloth. Some one called, or the mother went to the kitchen to give orders for dinner. She left her scissors, cloth, and ready-cut garments just as they were on the bed. She did not even say to the

child, "Don't touch anything." When she returned, in five or ten minutes, the little girl looked up with bright, expectant face, holding the shears in her tiny hand.

"Mamma! O mamma! I've been helping you tut out simies," she said gleefully.

She had cut from one article a number of small pieces. It was love and tender thoughtfulness on the child's part for the mother, who, she supposed, had too much to do; but judgment is not full-blown at three years, and she had made a mistake. For that she was whipped.

In pleasant contrast is the part taken by another mother, who, with a family of eight children and but one hired girl, still kept her judgment clear and her temper in control. One warm Saturday afternoon she was busy upstairs. Her little girl of six or seven was with her and heard her say: "Oh, dear! there are all those stockings to mend yet."

She had been baking bread in the morning and was very tired.

"Where are they?" Jenny asked.

"In the sitting-room," the mother answered, and thought no more about it. Perhaps three-quarters of an hour later, when through with her work

upstairs, she went down to the task, the dreaded task, tired as she was, of mending the week's stockings for eight children, her husband, and herself. There sat Jenny by the pleasant east window—it was summer time—in mother's willow chair, the basket by her side and a stocking in her hand.

"Mamma," she said with eager face and voice, "you had twelve pairs of stockings, and I've done six of 'em!"

The edges of the holes had been lapped together and sewed over and over in close, strong seams.

"I knew," the mother said, speaking afterward of the incident—"I knew, the moment I looked at them, that to rip out the stitches would take me an hour; but I would not for the world have had Jenny know it, so I said to her: 'Well, you're a dear, good little girl, and now you may run out and play.'"

What a sweet remembrance in years to come will be that mother's thoughtful loving-kindness—a remembrance treasured even after her face had vanished from sight! In any case of good intent, especially intent of helpfulness or kindness, far better is it for both child and mother if thus the will is taken for the deed.

The Child and Money.

The mind of a child, says Mrs. Caroline B. Burrell in *Harper's Bazar*, veers between the love of acquiring and the love of spending. It delights to hoard, to shake its bank and

feel its increasing weight, and to spend recklessly until it is bankrupt.

There is much to be said in favor of letting children earn their own money, and Mrs. Burrell discusses

the subject as follows: Children may be paid by the day or week for keeping their rooms or bureau drawers in order, for being punctual at their meals or at their study hour, for having clean hands and blackened shoes, or for performing small duties about the house. A series of rules for these things, with their rewards and fines, may be written on a blackboard in the play-room; if accounts are regularly kept and payday is faithfully observed, it will be a training in the way in which money should come to any one—as the reward of labor. Of course one may claim that a child should not be paid for doing its duty. Abstractly that is true, but practically in the case of these small details of daily life it will be found that no harm is done by this small breach of the moral law. On the contrary, this system will be found of the greatest service in teaching children habits of neatness and order without undue friction. If occasionally a child is found to have an unusual desire to accumulate money, the plan must be modified.

Children may be paid also for their school reports, either receiving a fixed sum for general excellence or, where there has been difficulty with one study, for improvement in that. It is a mistake, however, to put everything on the basis of bargaining. The principles of the home should not be those of the shop, and, for this reason, in addition to the money a child earns it should also receive an occasional present. On the Fourth of July, for instance, it is a real hardship for a child to have to take a whole dollar from its bank for fireworks. At times like this a gift will mean a great deal.

When the child has money, what shall it do with it? A famous economist tells us that the three legitimate uses of money are saving, spending, and giving, and this is a good basis from which to study the matter. A child's saving may mean nothing at all to it. Simply to fill a bank with pennies, to see it emptied, and hear that the money has been transferred to a larger bank downtown, conveys no idea and accomplishes no good purpose; there should always be a definite end in view. If its savings are small, still there is father's birthday present to be bought or Christmas to be remembered. If they are larger and amount to quite a sum in the course of a year, do not let the child become miserly and enjoy the piling up of its money for itself. Possibly the money may be spoken of as a provision for the future should a rainy day come to the family, or the outlook may be toward travel or special advantages in some way. Such a feeling of possession may be an excellent thing, giving the child a proper sense of power and responsibility.

If there must be some self-denial in order to lay up money, so much the better; such a moral training is not to be ignored. Once let the child learn to give up a present good for one more remote, and you have taught the principle of foresight.

But a child must learn to part with its money as well as save it. To most children spending is an easier matter than saving. This world is new to a child, and full of all sorts of desirable things. If it has money, why not buy as many of them as it can? It is an easy thing for children to become

small spendthrifts through the carelessness of their parents. It is thought unnecessary trouble to supervise penny purchases. The amount spent is so trifling, why interfere with the child's pleasure? Let it buy whatever it will. Yet there is a reason for supervision—it is just here that a child's judgment is to be trained. If it wishes to buy a boat or a doll or candy, let it do so occasionally, but if possible go with it, not

“With a little hoard of maxims preaching down”

all youthful enthusiasm, but trying to teach your child to judge between good, better, and best. Is the doll worth its price? Is it not better to buy good candy than poor, even if one gets less for the money? Is it not wiser to buy a book, rather than something of mere passing value?

The question of taste should enter into these purchases. It is not altogether how much one can buy with a certain sum, nor how valuable one's purchases are, but have they intrinsic beauty? Children should not be permitted to buy things that are gaudy or unsuitable, whether they are cheap or expensive. A girl of ten, whose taste was supposed by her mother to be really superior, was permitted to go alone to spend a birthday goldpiece. The result was an appalling array of cheap jewelry, perfumery, and ridiculous trinkets. One should not take it for granted that children are born with a clear sense of the artistic, but should strive to develop one that is latent, a more frequent case.

If, in spite of care, a child is sometimes extravagant and empties its bank foolishly, there is a certain wisdom in

letting it learn by experience that it cannot spend its money and have it too. Better let the bank remain empty for a time than to refill it and let its owner feel that it has unlimited means to draw upon.

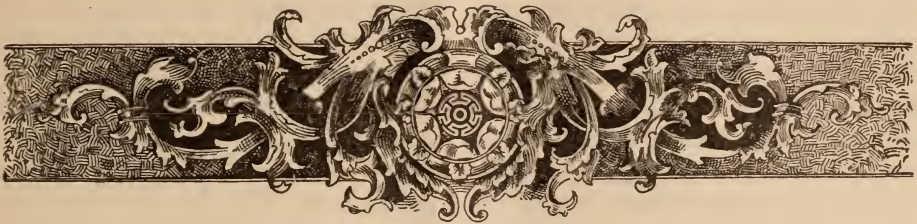
Between the extremes of spending for one's self and giving to others lies the delightful spot where the two are combined. A boy originated the idea of giving his mother a weekly treat from his own money. Sometimes he took her on his favorite trolley ride, sometimes he bought her a box of his favorite bonbons. The naïveté of the plan raises a smile, but as a stepping-stone to a genuine altruism it is not to be despised. It is always to be remembered that it is almost as hard for a child to part with its money, especially if it has earned it, as it is for a man or woman to do so. Almost, but not quite, for its generosity often puts us to the blush.

If a child has a settled income it is best to teach it to give away a certain proportion: so much for benevolence, so much for gifts, so much for extra calls. It should be taught to give independently, without regard to the gifts of other children. It will especially enjoy giving to the children of the poor through the free kindergartens, fresh-air funds, day nurseries, and hospitals for little cripples. It is probably better for the child—if not for the cause—to give the money outright rather than to arrange some fair or other entertainment in which the end will be largely forgotten in the amusement afforded.

The great danger that confronts us all is that we shall overlook the fact that the real use of money is in the

development of character and the service of man. If, as a child, one acquires honestly, spends thoughtfully, and gives generously, he will grow up broadminded and philanthropic. It is really a more serious matter than parents usually think that children

should receive sound views of money. While our national life is disfigured by an almost universal greed of getting and lust of spending, we should teach them that there are right and wrong ways of getting money and right and wrong ways of spending it.



“Mother is Nervous To-day.”

“Go away, child, and amuse yourself; mother is nervous to-day.”

Perhaps mother was present last night at the late supper indulged in by the theatre party she enjoyed so much, or she has been called upon to settle some domestic difficulty in the kitchen cabinet, or a tiresome discussion about bills and expenditure has ruffled the placid tenor of her way. There’s no end of things calculated to disturb adult nerves. It is only the baby system, with its responsive chords and untrained sympathies, that is expected to bear the disturbing shock of the unusual and give no sign.

It is nurse’s Sunday afternoon out, and the house is so big and empty and still! If he had been a grown man, “like papa,” he could have put on his tall silk hat and taken his gold-headed cane and gone somewhere to get rid of other people’s nerves and his own ennui; or, if he had been just a little bigger, he might have aspired to the

privilege of being taken along with the tall hat and the gorgeous cane, which symbolize manhood to him, and clung ecstatically to one grown-up finger while he put his small legs on their mettle to keep up with a full-grown stride; but he is only a tiny mite in short skirts and abbreviated socks, and father “can’t be bothered with him.”

He “must amuse himself.” What a stupendous undertaking! He would like above all things to romp with the corpulent pug that lies curled up in the silk-lined basket at the foot of mother’s sofa. His young, undisciplined soul craves living companionship. But over-feeding does not conduce to hilarity, and pug’s snarling protest against undue familiarity augments mother’s nervousness. There is a bright-colored whip, with a silver-mounted whistle cut into its ivory handle, hanging out there on the hall rack. It would compensate for a great deal “just to sit and blow it easy.”

but "it is Sunday, and mother is nervous to-day." He "can look out of the window and see the carriages and the people go by." That is safe and noiseless, but it does not seem to appeal to his fancy very seductively.

There's no end of toys. But the puzzle pieces *won't* fit into each other, and the Noah's ark elephants *won't* stand up, and everything *will* go wrong that long Sunday afternoon that stretches out forever. If babies had nerves he might take it out in crying, but nerves are things that come with the years, and then mother declares drowsily, "Men don't cry."

There are the windows as the last resource. It looks lively out there on the Avenue. People are at their best in their Sunday clothes and their rest-day smiles. There's a lot of boys out there playing tag, with the lamp-post right in front of the big, empty house for a base of operations. They are not very nice-looking boys. They are just the sort-of-looking boys that nurse would pull him away from very vigorously if their ragged jackets came too near his embroidered petticoats when she had him in charge. But they look happy and they are laughing. He wants to laugh and be happy, too. The big front door yields reluctantly to the stealthy touch of a tiny hand, and he alights among the tag-playing gamins like a bird-of-paradise among a lot of barnyard fowls. They receive him into democratic comradeship. With an agitating sense of guilt fluttering his baby pulses, he joins in the rough sport. Conscience, ever on the alert to protect the undefiled, whispers that he "ought to have asked mamma."

But mother is nervous to-day, and one of humanity's earliest lessons is to "avoid repulses."

It is prime fun, careering up and down the broad pavement with these hatless, shoeless, curbstone revellers. Babyhood is democratic; it is not given to nice discriminations. It is prime fun until his inadequate legs prove treacherous, and his inexperienced feet land him head-foremost in the gutter, from which his comrades fish him out, a soiled and frightened culprit, with all the joy extinguished in his eyes.

It is not of the bedraggled sash or the torn petticoats he is thinking as he climbs slowly back up the stone steps. It is of the wrath to come. But his plebeian comrades stand by him. They are schooled in subterfuges, adepts in lying. They manufacture his first lie for him, and it comforts him to "know what to say." Such a flimsy little lie, that slips so clumsily off the unskilled tongue, and receives such prompt contradiction from the truth-telling eyes that nobody is imposed on. But it is Baby's first lie—the very hardest of all lies to tell. Before he stole stealthily out from the loneliness that could not be endured any longer his soul was as white as the snowy skirts that met defilement in the gutter. The skirts can be bleached; the stain of the lie is indelible.

Who shall say that it was not the mother's hand that sowed the seed of that first lie, when she forgot the imperative demand of the baby-soul for loving sympathy and remembered only her own—nerves?



The Child's Sense of Humor.

Some time ago *Harper's Bazar* contained an article by Marguerite Merington, offering advice to a gentleman who was assumed to have written to her that his child lacked a sense of humor. He was supposed to have asked whether she did not consider this a lack greatly to be deplored, and to have requested her to suggest some remedy for what he feared might prove a serious handicap to the child's possibilities of happiness in after-life.

Marguerite Merington at once disarms criticism by stating that the advice sought she is not qualified to give, the sense of humor being a variable gift, undergoing different forms in reference to race, individual, and society. "If your little boy," she says, "fails to respond with his tribute of childish merriment to your parental joke, that, depressing as at times it must be to you, does not seem to me a matter about which to lie awake at nights, because, after all, dear Brutus, the fault may not be so much with the child as with the joke! If, however, little N. or M., as his catechismal name may be, never makes his own small, childish jests, never plays foolish tricks upon you, at which, by that same token, he expects you to laugh; if he never is mirthful, instinct with joyousness, with natural gayety of heart and the sunshine of vigorous young animal life and spirits—then, indeed, his con-

dition is abnormal, or his environment all wrong, and you must find a speedy way to put him into a natural and smiling rapport with life. For laughter as a mere outlet for animal spirits is natural to man. Playfulness we share with our furred and feathered brethren, but the audible expression of mirth is monopolized by man, the least natural of all the animals."

Coming to the practical part of the matter, she asks, How can we cheer the child's lot? How, without letting him see our machinery, can we win him to abandoned mirth? By what laborious processes of education shall he be trained to laugh intelligently, spontaneously, at the right time?

Health is an essential to gayety. Is the child well? Is the little body free from ache or pain? Are its clothes fashioned solely for its comfort, without a tacit reference to your neighbor's watchful eye?

Material environment is a powerful accessory to joy. Is the child's environment as cheerful as your circumstances permit? Has the nursery an attractive paper, a few bright pictures, on its walls? Do its windows front the rising sun?

Moral environment has everything to do with the sunshine of the heart. Is the child's moral atmosphere wholesome, sweet? Has its nurse a

goodly personality, a kind disposition, a pleasant countenance? Is the child made enough of, as every young thing should be till it is sure of its welcome into the life on whose threshold it stands with wondering eyes and bewildered feet? Is it made enough of, and yet not so over-much that it becomes to itself and to others an obnoxious little prig?

Love is a mighty stimulus to laughter. Has the child a natural outlet for its natural affections? Is it bidden to bestow caresses on uncaressable relations, and taught by sad routine to render tribute to its Cæsars, and to love its duty, parents, and its God? Or is love the first law of your relation to it? Does it pass the hours "fretted by sallies of its mother's kisses, with light upon it from its father's eyes"?

Companionship is requisite to mirth. Has the child playmates of its own decade with whom to match its strength in tricks and tyranny; with whom to fight, make up, enjoy? The old need the young, as the young need the old, but the child reared among grown-up folk has an elderly tone to its laugh that carries with it a certain pathos. Youth has a corner in the land of mirth from which maturity long since has walked away. Give the child a young playmate; give it a puppy-dog to frolic with, if you would hear it laugh!

Work, occupation, the use of tools, are incentives to the sense of joy. Let the child make mud pies, build fortresses, dig and plant, and tend growing things. Encourage him to learn the way in which the world's work is done.

But all this concerns itself with the trick of laughter, with the habit of joy. The intellectual apprehension of humor is another matter. "It may be"—and here the writer addresses chiefly the mother, in a strain of which the title of her paper gave no hint—"that the child's intelligence is prophetic, and that he perceives the colossal joke of life before wontedness has made him so callous that he can bear to smile! The child may have found us out! Already he may realize that he is in a world where charity is preached and usury condoned. His eye may have spanned the yawning chasm between the standards we uphold and the lives we lead. He may have offset our denunciations of the Chinese as barbarians for stunting their women's feet, against our own approved fashion plates, that cramp the vital organs of our conscript mothers with far greater injury to the future of the race. Perchance he may have beheld his mother kneel before an Easter altar, praying for the savages, with the death of a bevy of songbirds on her head! Possibly you conduct the child to the sanctuary where you return your weekly thanks that you are not as other men are, driving behind horses whose tails are clipped or docked! If this is so, before you can conscientiously expect your child to smile, go down on your knees and do penance, humbly seeking pardon of the horse you are not worthy to own, the child you are not fit to rear, and the God whom, by taking His defence from one of His helpless creatures, you outrage and blaspheme!

"It may be, then, that your child's sense of humor is too penetrating, too well developed. The supreme irony, the tremendous paradox of life may have overwhelmed him. He simply cannot laugh.

"But let us earnestly hope not, and that it may not be so give him wholesome amusements, give him all you

can of childhood, and his sense of humor will awaken in its own good time. Give him his Santa Claus and all the dear old fables and illusions which, after all, are but metaphors for truths divine. Give him all you can of youth's sweet heritage of joy. The world cannot afford to spare the innocent laughter of one child!"



What Not to Name the Baby.

Certain volumes have appeared from time to time having, among other features, lists of names, male and female, which the anxious parent may consult in what is often a serious dilemma. But what has not been published, so far as we are aware, is a list of names that should not, under any circumstances, be saddled for all time upon one who has neither strength to resist nor voice to protest. The question as to Baby's name is a most serious one, but the one person most seriously concerned is, unfortunately, the one most rarely considered. And who is that? Why, Baby himself. Parents will spend months of time in consultation and research to find a pretty name for Baby, without often considering in their decision whether that which pleases them now will gratify him when he is old enough to realize what they have done. Verily, when one comes to consider the re-

sponsibility imposed upon parents in the decision of this important question, the wonder is almost that any baby is named at all. Consider, for a moment, what this name is, and the relation it is to bear to your boy's future or your girl's happiness. Save the air that we breathe and the water that we drink, there are few things so near to us as our name. It individualizes, distinguishing each from every other one, so far as anything can, and is one of not many things in this world that are exclusively our own. As it is ours to keep for always, with all the satisfaction the possession of a good name affords, so is it *not* ours to lose, but is fastened irrevocably upon us unless removed by legislative enactment.

The desirability of a good name may, we think, be taken for granted without further argument. What, then, is a good name for Baby? We

can, perhaps, best answer this question by stating what, in our opinion, it is *not*. We may say, generally, that a good name for Baby is one that is not unsuitable.

This is very like saying that a good name is not a bad one. But a name may be unsuitable for very different reasons. Do not give Baby a name because of a certain fitness that may be but transient. Remember that the graces of childhood, beautiful and attractive as they are, cannot last, and with their departure should go what belongs with them. To have a slight, graceful child baptized *Gracie*, and have her develop into an overgrown and awkward girl, is a misfortune we have known to happen more than once. *Gracie* she can never be again in the sense in which the name was given, but *Gracie* she must ever be if called by the name legally her own. Just so with *Dolly*, *Pet*, etc., which, though usually given as nicknames or terms of familiar endearment, are occasionally used, to their owners' cost, at the baptismal font. Names that suggest certain types of character are unsuitable, as their fitness cannot be decided in infancy. The names *Lily*, *Peace*, *Charity*, *Content*, etc., are often woefully belied in the after-lives of their holders. A more common instance of the above is that of the name *Frank*, used in so many different forms. "The Franks were distinguished from the Gauls and degenerate Romans by their independence, love of freedom, and scorn of a lie," says Trench. It is true that these distinctions are largely lost sight of in the wide use of the name, but what shall be said of *Deodatus* and *Theodore*, who, though

"given by God," are often found leading anything but sanctified lives?

Without taking space to speak of names that are sure, either through length or peculiarity in composition, to lapse into undignified abbreviation, and which often evince a most provoking vitality, we would next call attention to the very bad taste—to call it nothing worse—of naming Baby with the name of some distinguished person whose virtues you hope he will emulate and whose attainments you trust he will ultimately equal or surpass. There is no more swift and certain death-blow to future ambition than this. Such a name condemns its owner not only to a hopeless mediocrity, but it makes that mediocrity ridiculous.

A final suggestion in this connection is that it is never wise to give dear Baby a name without considering the significance of the initials that are to form it. And should these spell, in order, an objectionable name or quality, a life-long mortification is the result. One unfortunate individual of our acquaintance, was weighted down at birth with the initials P. I. G. He chose to be a clergyman, and, as he was stout and dwarfed, the contrast between his ecclesiastical robes and his significant initials was not always lost sight of. A professional friend, about to name his first-born, decided upon one whose initials formed the undesirable combination A. S. S. He was fortunate in making the discovery in time. A third case that occurs to us is that of a modest, retiring man whose every signature bears the inflated initials G. A. S. Other examples will occur to the minds of many.



Training for Maternity.

We hear a great deal about the propriety of girls learning how to do housework and how to make their own clothes. It is preached at us from the pulpit and stares at us in the press. It is talked at us in conversation and hurled at us from the platform until we have become heartily sick of its reiteration, and begin to think that what he shall eat and what he shall drink and wherewithal he shall be clothed is the chief thought of man. Is it not high time for a little variety in the advice? It is a good plan, doubtless, for girls to learn those things, but much more important things for them to learn are the care of the sick and the management of babies, and yet we seldom see these things mentioned.

When I was married, five years ago, I knew how to cook and how to sew, thanks to a wise mother, but I knew nothing of sickness, since we had had none in the family; and, though I was fond of children, I had never taken a baby in long clothes into my arms. So my first baby, much as I loved her, was a sort of nightmare to me for a few months. As I am taking care of my third, I say to myself: "How much more easily I could have managed with Ethel if I had known anything about babies." The profession of motherhood is one of the most responsible in the world, and yet the majority plunge

into it with no preparatory training and little thought or knowledge of its requirements.

There seems to be a feeling that mothers know by a kind of instinct as soon as they become mothers just what to do for their babies; but they do not. The numbers of ill-cared-for and ill-bred children we see constantly testify to it. In fact, it is the exception, rather than the rule, to see a thoroughly well-cared-for and well-bred child. There is certainly in most mothers an instinct to do the best they can for their babies. But even given the determination to learn and do the best, how much trying and nervous experimenting there is for the poor young mother in the first weak months of her motherhood! How much more easily some of it might have been learned at any other time; and think of the poor babies that are the subjects of the experiments! How many suffer more or less all their lives from the lack of wisdom in their early care!

I knew one wise mother who took her daughter from school for a year and trained her in all the details of housework; another who apprenticed her daughter six months to a dress-maker, with no thought of it as a trade, but simply for her future convenience. Those girls, both married now, were doubtless saved annoyance and mortification by their training.

But what is the failure of a cake, or the inability to put upon our dresses the latest quirk of fashion, in comparison to the wails of our first-born, concerning which we cannot give the faintest guess as to cause or cure, so that we may worry ourselves sick when he only cries to strengthen his lungs, or neglect the cry that means distress? The failure of the cake may be a matter of a few cross words and some discouragement, while the wails of our baby may be a matter of life and death. The cake we can easily try again, but our baby once gone is beyond recall.

Every one would be lenient with the experiments of a young housekeeper and laugh with her at her mistakes; but the experiments with our babies are too serious matters to be laughed at and forgotten, nor will any leniency of friends take away the sting of failure from the mother's heart or change the effects on the life of her child.

Again, a great many women seldom have actually to make bread, so that, except for the better command it gives them over their households and themselves, they are none the better for knowing how; while every true mother, from the humblest cot to the aristocrat's mansion, must always feel the responsibility of her children's welfare, suffer with her children for her failures, and rejoice at her success.

You may say that you have no opportunity to teach your daughter such things. Not as much as would be well for her, I grant, but it only needs patience and the will to do it, and opportunities can be found. Some things—the principles of hygiene, for instance—may be easily taught, as long

as the poor and the sick we have always with us need care. But carrying a bouquet of flowers to a sick-room or a basket of food to hungry children, though good as far as it goes, is not enough. Your daughter must actually attend to the details of the sick-room, and do much of it. She must clothe and feed the hungry children as well as give them food. I think if some of our rich maidens who are *blasé* early in the twenties could be put to care personally for some of the orphan babies that need care, not only the babies' lives would be blessed. I knew one generous girl who did that. Why can it not be done more frequently?

A previous apprenticeship as under-nurse in some hospital would be worth more to a mother and her family than the same time in a dressmaker's shop, as in the case of the girl mentioned. The latter may save money and give style to the family wardrobe, but the former would save money and health, and perhaps life itself. Nor do I see any reason why if the latter is sensible the former is not more so. If our daughters, when they become engaged, would enter upon a course of training, such as any person preparing for any other profession would deem it folly to neglect, it would be an immense gain to the world. Too many look upon it as the end of all their trials and efforts, when it is really only the beginning. This idea of studying beforehand, as for a business or profession, may seem a ludicrously practical one, but I am convinced that if it were carried out it would save many a heart-ache.

When a young man makes up his

mind to be a lawyer, he at once begins to study and work in that direction. When a girl becomes engaged—that is, makes up her mind to take upon herself the duties and responsibilities of a home—what does she do? Usually she proceeds to get together a fine wardrobe for herself, instead of studying for the good of the home that is to be. Often she does this more from

ignorance of what will be needed of her than from any real selfishness, and it is her mother's place to inform her.

The readers of *BABYHOOD* can, of course, elaborate these suggestions indefinitely in their own minds. I have merely tried to touch upon something that seemed to me worthy the thoughtful attention of mothers.

R. B.



Nursery Literature.

The Child and His Book.

Some well-meaning but unimaginative teachers, says Anna Hamlin Wikel in *Education*, are opposed to fairy and folk stories. They say they want their pupils to get facts from their reading—"facts which will be of use to them in after-life." But how are we to tell what facts will be of use to them? A child can, at best, master only a limited number. Would it not be better, then, to choose the literature that makes for character-building, rather than that for fact-acquiring? Herbert Spencer, in his "Education," says, "The education of the child must accord both in mode and arrangement with the education of mankind considered historically; or, in other words, the genesis of knowledge in the individual must follow in the same course as the genesis of knowledge in the race." Another thinker says that in the child's flitting fancies are to be seen traces of about all the outgrown

superstitions of the race, and that the crudest superstitions are still very vital for childhood. It would seem, then, if we are to carry out the parallel between the race and the individual, that these legends of the grown people of the childhood of mankind are logically the literature for childhood. Hawthorne has given his testimony in favor of them in his *Wonder Books*, and Ruskin, Hugh Miller, and many other great men most emphatically say they are the reading for children. The father of John Stuart Mill, though maintaining a very strict oversight of his reading, allowed him the *Arabian Nights*. President Thwing says, "Children have but one object in reading, and that is to amuse themselves"; and surely in this playtime of life this aim should be the chief one.

We know that in childhood fancy is livelier than at any other period of life, and this is one of the strongest reasons in favor of this class of liter-

ature. The child's reading should follow the order of the development of the faculties of his mind. This order is Nature's guide for his best mental and moral development. We must not anticipate Nature, but keep step with her in this business of training the young. Only when the ground is prepared is there wisdom in dropping in our seed. We must not forget that many of the highest truths and deepest experiences of this old world are contained in germ in these wise and beautiful tales.

By all means give facts also to children if they can be imparted to them in an interesting, not a pedantic, way. One must be very sure, however, that the facts are of more value than the training given through the heart by those stories which embody a spiritual meaning. Moreover, children like facts of a certain kind. What could be more beautiful, more like a fairy tale, than the lives of flowers and birds, of butterflies, or accounts of exciting adventures in strange lands? But we must deplore the narrow spirit which leads adults to think that facts—dry, hard facts—should be the only or the principal mental pabulum of childhood, forgetting that there is plenty of knowledge in the world, but little of the creative faculty—imagination. The most tiresome people with whom we come in contact are people with facts, but no fancy.

Early childhood should be free from formal methods of learning. Children should sip knowledge as the butterfly nectar, in the sunshine, in flowery places. Let us keep our "lilies of the field," and not turn them into young savants or pedants.

Children enjoy hearing about flowers, insects, and even mechanical appliances. A wholesome child is full of questions, and these questions are usually landmarks showing us how far he has travelled knowledgeward.

There is nothing more inspiring than biography. Children love to hear about Hans Christian Andersen, Froebel, Audubon, of any one who can be connected with themselves or with things in which they are interested; and the good and great deeds of noble lives are not only facts, but much more—inspiration. But no moral must be drawn. Let the child find it for himself. Truth thus found will stick to him through life, for it will have been educed, unfolded from within himself. Such truth is the affinity of his moral nature. It alone helps him to find himself.

The Effect of Stories.

Tennyson says that "truth embodied in a tale will enter in at lowly doors." This is especially true in regard to all the doors and entrances to the dwellings of the race of small men and women who walk about with heads just reaching our elbows, and who think thoughts and carry on arguments which are fully as important as those which go on above them. The kind of stories our youngest children hear may influence them during a long life; for we all know how deep are first impressions, and how real in later years appear those characters whom we have carried along with us from infancy. Much that is helpful in the nursery may be accomplished by stories that are not too plainly and fully moral; indeed, the old fashion of

keeping the story by itself and the moral by itself was a good one, as it is a good plan to take the medicine first and the jelly afterward, instead of a bitter mixture. Still, there are stories so interesting that they will be taken moral and all, as two little friends of mine were really led into eating all their crusts of bread without murmur from hearing of a certain little Peter who would not eat his and who starved to death after a series of almost ideal trials. The constant and strong tendency of children to imitate ought always to be borne in mind, for it is a well-known fact that the exploits of Jimmy Sliderlegs have incited babies of five and six to attempt similar feats; and as for Conrad Suck-

a-thumb, no mother who is not willing to have his example followed should tell of the boy who disobeyed his mother and braved the terrors of the scissors-man rather than to stop the guilty pastime.

Very few of the little children for whom *BABYHOOD* is published have philosophy enough to generalize upon the stories they hear. If the hero or heroine of the nursery tale is attractive to them they have a strong desire to do just as he or she did, or as nearly like it as possible; and so it does seem that it would be best to read or tell more frequently stories of good boys and girls than of bad ones, and to use good—in fact, the best—language in telling them.

A. N.



Baby's Wardrobe.

Drawers in Separate Halves.

Mothers know that when babies are promoted to short clothes they are apt to take cold by the little limbs getting bare, as they often do, especially while lying in the cradle or crib.

A very simple plan, which I have tried with good success, may help others. It is a pair of flannel drawers-legs cut in two separate halves. There is a button-hole in the point at the top. It is well to sew a small piece of cloth on the flannel as a stay to the button-hole. The legs can be buttoned to a cotton band sewed

around the petticoat waist inside, or to double strips of stout cotton. They are very easily made; only one seam, cat-stitched if you choose, and the two hems cat-stitched or merely run. Thick flannel for winter, thin for summer; the old ones, worn thin, are very good. They are rarely soiled if the upper part slopes enough.

I have found them so serviceable that I have continued to use them as inside wear after putting cotton drawers on a child. I like them better for little children than complete drawers of merino or flannel.

I have not seen the "diaper-drawers" sold in the stores; they were not known when my experience began. I have no doubt they are very good; but the flannel legs are cheaper, can be made in a few minutes, and serve their purpose completely. It should not be overlooked that they can be worn night and day. (Of course they can be changed at night.) For a kicking baby that gets the bedclothes off they are invaluable.

Montgomery, Ala.

R.

Buttons in Place of Sleeves.

At the suggestion of a very practical lady friend I have made all of my baby's underskirts open on the shoulder, fastened there with button and button-hole, thereby saving Baby a great deal of the annoyance of passing his little arms through those troublesome sleeves. This is nothing new in the clothing of older children, but I have never known babies' skirts to be so fastened.

Passaic, N. J.

G. L.



Nursery Problems.

Fear of Whooping-Cough.

To the Editor of BABYHOOD:

My baby of three months is a follower of the reform ideas advanced in *BABYHOOD*. Instead of crying to be rocked, she cries, when sleepy, to be laid down, gives a little sigh of satisfaction, and goes to sleep. I discarded her band with navel-dressing; shall put her into short clothes when four months old, as she is strong, active, and apparently rebellious at the restrictions of long skirts. Shall use gossamer shirt, Gertrude flannel skirt, etc.

She is just beginning to cough with whooping-cough. Is it considered a dangerous disease in so young a child? and will it do to put her in short clothes if she should not be very sick? It seems to me she would be as warm in long stockings, and far more comfortable.

York, Pa.

R.

Whooping-cough is, in a child of good constitution and otherwise in good health, not usually a dangerous disease so far as life is concerned, but it is quite a trial for so young a child, who should be carefully guarded for fear of complications. The warm weather is in her favor. If you put on the short skirts avoid draughts, particularly such as come from putting the child on the floor.

A Case of Rupture.

To the Editor of BABYHOOD:

My baby boy of four months is ruptured, and I wish to ask a few questions regarding it. The two physicians whom I have consulted do not agree, so I come to *BABYHOOD*.

(1) The flesh becomes very sore under the pad of the truss. I have used vaseline, also mutton tallow, and have protected it with linen, but still it does not heal. What else can I do?

(2) If the truss does its work properly, how long will it need to be worn?

(3) He occasionally has very hard crying spells. Will it necessarily injure him, or may I, without fear of injury, allow him a little "wholesome letting-alone"?

Trenton, N. J.

M.

(1) If by "sore" irritated is meant, try what talcum powder will do by keeping the skin dry. If it is meant that the skin has become tender to the touch, perhaps the pressure is too great.

(2) We cannot tell in months, because the time varies according to the severity of the cases. It is a very long time at best.

(3) If the truss is efficient—*i. e.*, keeps the rupture up in place—during the crying-spell, he may be let alone; but ascertain what is the condition during or after a crying spell.

The Relation Between Prickly Heat and Indigestion; Supposed Harm of Lime Water; Sad but Idle Torments.

To the Editor of BABYHOOD:

There are several questions in regard to a baby's diet and general welfare that have puzzled me, and I finally turn to you, hoping that you will reply to them.

(1) Would two or three violent attacks of evident "prickly heat" (the small arms being one mass of redness and heat) indicate malnutrition, or over- or improper feeding? During the worst attack the baby's bowels were loose and disordered, and milk was vomited often and freely. At another time the child was terribly chafed, a thing which had never happened with her older brother in his babyhood. Would that indicate again disordered urine, poisoning the skin, and wrong food as a cause?

(2) Now, will you be very definite with me

in regard to the use of lime water? Beginning at five-months-old, ought the use of milk to be persisted in for a child if, in order for her to digest it, it must be given in the proportion of two-thirds milk, one-third lime water? Fresh milk was taken, scalded, and when cool or partly cool the lime water added.

The facts are these: At 3 months my baby was put upon milk diluted with boiled water and lime water. She was very fat and strong; weighed 9 pounds at birth, at 3 months 15¼ pounds, at 4 months 16½ pounds, at 6 months 19 pounds. At 4 months she was strong enough to sit alone in carriage, not contented to lie down, and all along seemed bright for her months. At about 5 months, by physician's advice, her diet was milk—two-thirds milk, one-third lime water—and continued the same. At various times my friends were horrified at the amount of lime water my baby was taking. At 8 months, the weather being cool, I tried lessening the lime water. After two or three days' use of the changed proportion, baby's bowels showed indigestion. I gave her no medicine, but went back to one-third lime water, and the bowels were right in a day or two. Now, did that indicate that the use of lime water to that extent was proper, or did it tend to show that Baby's stomach had wrongly been made to depend upon it? Would it not have been advisable to use some other food earlier in the summer rather than stick to milk and so much lime water? The lime water had been prepared at home (necessary when such quarts were used), filter paper being used, which the physician endorsed. Was it possible that the lime water ruined the child's stomach?

(3) Again, a question about teeth. This child got her first tooth at 6½ months; at 9 months she had eight through. Was that likely to have been too great a strain upon her nervous system? She was apparently a well-nourished child, growing fat and strong till her last illness, though her bowels were never in perfect order for very long at a time. This beautiful baby died suddenly from "indigestion and torpid liver" and "reflex meningitis," having been sick five days. I am asking these questions only

for information and my own satisfaction and my own use in the future. I am puzzled about the lime water, and earnestly hope you will consider my inquiries worth space and reply in your valued *BABYHOOD*.

TROUBLED.

(1) The presence of "prickly heat" alone is not an evidence of malnutrition or improper food. Doubtless these conditions do aggravate the eruption. The diarrhœa and vomiting show that the child's digestive organs were seriously disordered. The irritation of the skin by urine may occur in any child, but is more marked in sick children. Whether or not the digestive disorder, which, so far as your statements go, seems to have been the real trouble, depended upon the food, or, as is very common, upon some bacterial cause, we can form no opinion.

(2) You ask us to be "very definite" about lime water, apparently meaning that we should approve or condemn the dietary. This is impossible. We do not know whether the amount of lime water was needed or not. But this much we can say: A great deal of nonsense is talked by people about the harm of lime water, probably through ignorance of the very slight amount of lime which can be dissolved in water. A quart of water at 60° F. will dissolve about twenty grains of lime—a quart of boiling water only eleven or twelve. As found in the nursery, probably there would be on an average about fifteen grains to the quart of it. Home-made lime water is often not so good as that of the shops, because in the latter the first solution is thrown away to get rid of impurities. It is not likely that the lime water caused the trouble.

(3) The teething was rather forward and may have been fatiguing. But we have seen children still more forward show no trouble. Early teething is more often a favorable sign than the contrary.

We have answered the specific questions as well as we can, owing to the evident distress in which you write. But we think we ought to say this in addition, as it may help you to lay aside a sort of retrospection which can do no good. It appears from your inquiries that the child's "bowels were never in perfect order for long at a time"; that indigestion, looseness of bowels, and vomiting were symptoms sometimes occurring. All these point to defective condition of the digestive tract, and the final illness was such as only too frequently follows such a history. Just how much in any case shall be charged to the account of diet not suited to the particular child, just how much to the bacterial infection before alluded to, might be very difficult for a skilled physician on the spot to determine. No one else, without far more facts than can be now gained, could form any just opinion. It comes to many of us, physician and layman alike, to stand beside an empty cradle and wonder if we erred and where, but the answer is not always given.

Night-Feeding.

To the Editor of BABYHOOD:

My baby boy is now nine months old. He has never been very well until within the past three months. He now seems perfectly healthy and has four teeth. He is a bottle-baby and has five meals during the day and two during the night. I have tried taking his bottle away from him nights, without success. Will it do any harm for

him to have the two meals during the night? Or, if so, how will I take them away from him?

Muncie, Ind.

F. S.

He ought not to be fed at night. Five meals in twenty-four hours are enough at his age. There is but one way to take away his night meals—*i. e.*, simply to refuse to give them. You will have one or two troublesome nights, and then all will go as before, unless he is a very unusual child.

Breaking the "Walking Habit."

To the Editor of BABYHOOD:

My baby having been sick, we very foolishly began walking with him for a few days, but long enough to make him cry violently to be moving about. As he is getting stronger, will it hurt him to let him cry until the bad habit of walking is broken? He is a year old and teething.

Marseilles, Ill.

L.

It will probably not hurt him to let him cry. If there is anything peculiar in the nature of his illness which makes it wrong to govern him, ask the opinion of the physician who attended him.

Milk Crust.

To the Editor of BABYHOOD:

My baby is nine months old, and I have been unable to get rid of the milk crust or cradle cap, although I have constantly applied vaseline, which allays it somewhat when applied. It seems to me, however, that there ought to be something to entirely do away with it. I fear the scalp may become diseased, and I do not like to use anything without a physician's advice. It is not a scab, just a dry scale, with here and there little yellow patches, and she has hardly any hair. No doubt you will censure me for letting it go till this late date, but this is my first baby and I hardly know what to do, so many friends having told me that it was perfectly natural; but I be-

gin to think that at nine months it is more an ailment than anything else.

Colorado.

M. E. K.

The "milk crust" is undoubtedly an eczema, probably of the kind known as *seborrhœa*. The general outlines of treatment consist in attending to the nutrition, the condition of the digestive apparatus, as well as to applications, usually of a cleansing and healing nature, to the affected parts.

We might make a guess at the precise treatment which would suit your baby's condition, of which you tell nothing, and in so doing might possibly hit it right. But more probably we should not. You are quite right to desire a physician's advice, for success depends upon the recognition of a lot of little differences in cases and the adjusting of the treatment to these. Hence you would better take the child to a good physician near home.

Condensed Replies.

G. N., Sedgwick, Kans.—It is not easy to correct habits such as your baby has, who certainly is very exacting. He sleeps when he likes, and nurses, apparently, when he likes—*i. e.*, "some nights he nurses all night." This last habit is particularly mischievous for him and for you. It is so late in the season that we cannot urge you to wean him just now, but regularity in feeding we think the prime essential to regularity in sleeping. As soon as the cool weather comes you will probably do well to wean him, in order to break up his persistent night-suckling.

H. C., Bridgeport, Conn.—The temper question is not an easy one, for all children cannot be controlled

in the same way. Best of all, if it be possible, is it to divert the anger before it finds expression, but in such a way that the child does not recognize that it is being diverted. A child of his age cannot be dealt with as is an older one, but, in a general way, we believe that if the outbreaks occur and the child knows that you have seen them, it is better not to overlook them. Of course, we do not mean that he is to be punished bodily, but deprived of some small desired pleasure and inconvenienced in some small way sufficient to gradually make him understand that there are two sides to the indulgence of temper. But we repeat that it is better to prevent the outbreaks if you can.

I. S., Davenport, Iowa.—It is probably an enlarged lymphatic gland. We can suggest no judicious domestic treatment. If our supposition is correct it will probably disappear.

N. D., Hokah, Minn.—Concerning the preparation in question we have little information of a definite character, very little, indeed, having appeared concerning it in medical journals, and, as far as we know, it has been little used under the observation of physicians who could judge of its effects. We suppose, from the composition given us by its representative, that it is harmless if used in moderation. On the other hand, we have small faith in any such remedy.

A. E., Huron, S. Dak.—The general question as to the advisability of such determined attempts at weaning cannot be easily answered. Nevertheless, the rule is very general that the weaning and the teaching the child to feed

can be accomplished by patience. It is not always the mother who succeeds best, as her natural affection interferes with her steadiness of purpose. Once in a while the persistence of a child in refusing food is so great that neither parent nor physician is willing longer to take the responsibility of refusing the breast. The most marked case of the kind that has come to our knowledge occurred in the practice of a friend. The weaning of the child having been determined upon, the wet-nurse procured another situation. During the next few days a great variety of foods were tried and refused, and the state of the child became such that it seemed necessary to stop the trial. The physician recommended that, if possible, the wet-nurse be brought in once a day to prevent starvation and that food be used at other times. This was done, the nurse being sent away after the nursing. In a short time—a few days, we think—the child seemed to weary of the breast and took the food entirely.

G. O., Napa, Cal.—The salt-bath (indoors) will be of some value, at the seaside of more. If you use the former, let it take the place of the morning bath. The best remedies for catarrh, outside of regimen, consist in local treatment. Some of the latter can be carried out by the patient, but only after personal instruction by a physician.

R. O., Harrison, O.—Of course fruit must be given with some care to so young a child. Your baby, however, does not show any signs of getting too much; at least none are apparent from your account.

B., Goshen, Ind.—The rational way of making a child sleep is, if possible, to find out the cause of his wakefulness and remove it if practicable. A common source of wakefulness is injudicious feeding. You do not say how often or how much your child is fed in the daytime. Probably he gets enough, since over-feeding is the rule. But the night-feeding is excessive and may conduce to wakefulness. Probably he has acquired the habit of demanding food before he will sleep. Besides the state of the digestion, there are many causes of disturbed sleep, such as skin irritation, stopped nostrils, enlarged tonsils, and many others which a clever physician will search for if you ask him.

M., Maynard, Mass.—If nineteen

pounds is the actual net weight of the child she is not very small. If her clothing was included in the weighing the real weight is a matter of surmise. At a year old she ought (in cool weather) to be weaned, and she will, under the pressure of hunger, take food. Many children, whether suckled or not, have the same dislike to change that she has, and will insist on being bottle-fed, for instance, until they are three years of age or older. The "absolute refusal" of an infant to take food amounts to little. Absolute patience and insistence on the part of the mother are sure to win. The point is therefore to choose a good food, and adhere to it unless you have reason to believe that it disagrees. Simple reluctance to take it is not enough.



The Mothers' Parliament.

The Troublesome Children of Our Neighbors.

Can any of your numerous correspondents offer any suggestions in regard to a matter which has puzzled me considerably, and which, simply stated, is, What is to be done with a neighbor's child who will not mind a word that is said to him, and who torments both you and your children until you are nearly wild? Now, I do not claim that my own little ones are perfection, by any means; but I do claim for them what is their due, and I know that they are obedient abroad as well as at home.

I know, moreover, that all children,

even the very best, will be troublesome at times, so I make it a rule to inform my acquaintances that whenever my children become troublesome or are in the way for any reason they should not hesitate a moment in sending them home, as I would never mind it in the least; and I was credulous enough at one time to believe that the rule would work both ways. But I found it didn't, for I seriously offended a neighbor, and a good one too, whom I would not willingly have made angry, by sending her child home when he became quarrelsome. After that I was a little more careful, but

another instance or two of the same kind taught me that all mothers do not take my view of such things, and now I am often sorely puzzled as to whether I shall submit to great annoyance or run the risk of offending my neighbors.

One little girl-visitor is a regular "Paul Pry," and, though old enough to know better, she peers into everything she possibly can. If a covered dish is on a table, up goes a corner to see what is beneath; and if, by chance, she gets no further than the parlor, every article it contains, from a bow of ribbon to my cherished piano, is faithfully inspected, while I listen to her mother with half-an-ear, expecting every moment to witness the destruction of some choice bit of bric-à-brac. If she is alone, "You'd best put that down," is all I have courage to utter, which has no effect, as the child is both persevering and inquisitive, and I would as soon think of taking a journey to the moon as of sending her home. Her relatives designate her "a perfect little lady," though she behaves very little better in their presence than in their absence, and obeys—not at all.

This is only one instance, and I could cite many others of a like nature, and sometimes I feel as if I would like to cut the bell-wire and be deaf to all knocks. I tried the plan of keeping my own children entirely away from houses where I did not wish return visits, but I have not found that I am any better off by it; so now I have concluded to state my grievance to BABYHOOD and see what other mothers do in like cases. I still cling to my

first opinion, that mothers should be sensible of the fact that their children may become troublesome to their neighbors, and feel no offence if they are sent home occasionally. Of course I do not mean in an ugly way, for a pleasant voice and kindly words, with an invitation to come again some other time, will take off the blunt edge.

Another point in the same connection is that some mothers will take up their children's quarrels. I think it an exceedingly foolish practice, though I have known it done over and over again; and I have also observed, as a general rule, that while the parents were keeping up the feud, the children had "made up" and were as good friends as ever.—A.

Concerning
Nicknames. There is a saying that "an old maid's children are always perfect," and I sometimes think the sarcasm embodied in the proverb should contain a lesson for me, since, though an old maid, I am much given to the contemplation of the children of others, and even indulge in some covert criticism of the methods in use in the various nurseries where I am a frequent guest. I am really very fond of children, and I sometimes feel that the poor, helpless little things are dreadfully imposed on by their doting relatives. To cite an example, there is the matter of nicknames. I am not supposed, on account of my single-blessedness, to be entitled to a hearing when I advance any one of my pet theories; but I cling nevertheless to my views, and I insist that in this very matter of nicknames there is much room for reform,

and if I had children I certainly would not permit them to be endowed with hideous or ridiculous appellations—"Toots," or "Wobbles"; "Dot," or "Pussie"; "Muggins," or "Totty." Yet these nicknames, or others certainly not more desirable, are to be found in numberless home circles; and to an observer their application is often ludicrous in the extreme, not to mention future objections to their existence. A dear, soft, rosy baby boy

may, it is true, not inaptly be called "Rosebud," but I think all will admit the absurdity of the title as clinging to a hulking lad of fifteen; and though "Dovey" may be just the name for the soft-eyed baby girl, it is hardly suited to the brilliant and perhaps rather shrewish young lady of twenty. That such home and nursery nicknames do cling there is abundant proof; indeed, it is so difficult sometimes as to be almost impossible whol-



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ly to discard them. I remember a withered and angular spinster of fifty summers who was known as "Blossom," and I have in mind a stalwart six-footer who, beginning life as "Tiny Tim," has been "Tiny" to a large circle ever since.

This sort of thing may possess some

recommendations which I, by reason of my spinsterhood, fail to perceive. Nevertheless I am resolved that *my* children shall be free from one imperfection at least—they shall have no nicknames. There shall be no "Popsy," or "Tootsie," or "Pip" in my ideal and model nursery.—F.

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VOL. XVIII.

SEPTEMBER, 1902.

No. 214

Ante-Natal Influences.

There come from time to time to the "Nursery Problem" department of BABYHOOD queries as to ante-natal influences, both mental and physical, which modify the well-being of a child, and in particular as to the mental occupations of a mother during pregnancy, and her diet, both as influencing the child and as promoting easy and safe delivery. These questions have not been answered hitherto, partly because they belonged rather to the domain of midwifery than to that of the care of children (and BABYHOOD has no purpose to go beyond its own ground), and partly because to many of these questions no satisfactory and authoritative answer could be given by any one.

The whole matter of ante-natal influence is one about which a remarkable amount of speculation and loose assertion has been indulged in, and about which our real knowledge is very limited. Nevertheless, since the subject is one upon which every serious-minded mother must take thought, and since the absence of knowledge leads to the acceptance of statements that come with the pretence of knowledge—especially from books

which, amid a mass of rubbish, contain a few scattered facts which only serve to make the rest more dangerous—it has seemed to us worth while to say a few words which, in a general way, may indicate the limitations of our knowledge and which may help some anxious persons to resist those suggestions of pseudo-science which, if followed, could result only in harm. As has been already mentioned, our knowledge is rather general than specific, for to every rule exceptions constantly arise, and only the most careful, trained observer can judiciously make the exact application to an individual case. What, therefore, we have to say here is intended to be accepted in this general way as the result of the experience of many observers, which is sufficiently large to overrule the exceptions.

The inquiries most frequently presented bear especially upon two aspects of the question: one being the effects of the mother's mental occupations during pregnancy upon the mental constitution and development of the coming child, together with the effects of her course of life upon the child's physical well-being; the other

the supposed value of certain courses of diet to cause safe, and especially easy, parturition. This last is, of course, quite aside from BABYHOOD's field, but we shall give a few words to it later on.

Previously-Inherited Tendencies.

The first may perhaps be as well considered as in any other way by following the special inquiry of one correspondent who asks concerning the "effects produced by certain lines of thought, books read, pictures studied, as well as by modes of dress, diet, state of mind, etc." This inquiry expresses the very common belief in the particular influence of mental states of the mother during pregnancy upon the child in some way or other. Now, there is undoubtedly a certain degree of truth in this idea, but is not so true as to be a just cause for a distressful anxiety to live up to all that it implies. The principle involved is, of course, the well-known one of heredity. But a recognition of what heredity really is carries us back much farther than the period of pregnancy. Heredity rarely perpetuates passing states of mind or body, but permanent states or prevailing tendencies. It is indeed well to keep both mind and body in the best possible condition during pregnancy, but the mother should not harass herself with the idea that her child's future is made or marred by her success or failure, because there lie behind this all the accumulated hereditary tendencies of the mother and the father as well; and the most rigid care during pregnancy can no more undo these than the most scrupulous attention to the details of Sunday worship can atone for a life of vice during the

other six days of the week. A pregnancy which has been marked by good physical and mental health in the main is indeed a hopeful augury for the child, but no one has a right to despair of the latter because the mother's condition has been a distressing one. Said the father of a goodly family once to us: "That is the sunniest child we ever had, and there was everything before her birth to make us expect the contrary." Every physician can cite similar cases, and probably most of our observant readers can recall such. We would in no wise belittle the value of good health, but we insist on this view of the matter to prevent morbid self-reproach on the part of the over-conscientious. If it chance that the peculiarities of the child resemble those of the mother during her pregnancy the resemblance is put down as an effect. No note is made of the cases in which the similarity is wanting. The varying peculiarities of different children in the same family might be charged to varying states found in the mother; but what shall be said of those children who are miniature copies of the father in feature, in gesture, in carriage, in physical habit, and in character? What shall be said of the atavisms where the child reproduces the peculiarities of an ancestor several generations back?

Useful and Useless Efforts.

It would be interesting to pursue this matter further, but this is not the place for writing which is not practical in its end. Enough, however, has been said to show that we believe that the mental heredity to be looked for is controlled very much by the general

peculiarities of the child's ancestors—very little by the mental occupations of the mother during pregnancy. And this is said after giving full value to the occasional cases in which mental impressions have seemed to leave their mark upon the physical appearance of the child. Some of these cases are very striking and appeal strongly to the imagination, and it is not denied that such influences may sometimes be potent. But we could, on the other hand, cite cases where the mother spent most of her pregnancy in seclusion, morbidly brooding over an expected deformity which did not come after all her mental exertion; not to mention multitudes of cases of less persistent impressions which—and this is the rule—leave no trace. This is fortunate, for, as every one knows, the discomforts of that state are usually such that the mother is very far from being at her best either in body or mind. We cannot, therefore, think it wise to urge any “lines of thought” beyond an endeavor at cheerfulness and happy expectancy, which are always wholesome aids to nutrition. As to “books read,” we have only a similar suggestion to make. Read wholesome and cheerful books, but on almost any topic that is interesting to yourself. It would be folly, for instance, to set a person of untrained mind at work on a system of philosophy. The intellectual mother will probably enjoy reading of a high grade, and her child, if clever, will be so rather because of her mental calibre than from her temporary studies. Similarly we think regarding “pictures studied.” We know the tales of the Grecian women who frequented

the gymnasia in order that admiration of the forms of the athletes might have its influence on the coming child. But if any result did come we cannot help thinking that the fact that the fathers came of the race that produced the athletes, and that showed a most marvellous habitual recognition of beauty, was the cause rather than these visits to the games.

How to Counteract Hereditary Taints.

But, although influences of heredity cannot be overcome in the short period of pregnancy, they can be combated by persistence through a long period. We do not mean, of course, that they can be undone altogether, but that they can be mitigated. Every one, for instance, can recall some person who, coming of a family with marked consumptive tendency, and himself showing signs of the same, has resolutely determined to live such a life as should give the least opportunity for the development of the family scourge, and has escaped. Now, there are few families that do not have some peculiar tendencies to disease of greater or less importance. Think of the consumptive families, the gouty families, the rheumatic, the scrofulous, the “bilious” families, the families with feeble digestion, and so on. If all persons as they grow up would set aside the foolish idea that to confess a physical weakness is to acknowledge a disgrace, and endeavor to ascertain, to the best of their ability, what weaknesses they had inherited, and with equal assiduity endeavor to hinder their development, we believe an enormous gain would result. There would be a gain in their own persons and in their offspring. This is not utopian;

it is not an absurd plan like one recently proposed, with apparent seriousness, by a scientist, who would arrange marriages on the lines of a stock farm. It is simply asking that some of the care that is required for the cure of broken health be employed in its prevention.

Suggestions as to Dress and Diet.

But some one asks: Are we to do nothing during pregnancy? By no means. And this leads us to the remainder of our correspondent's inquiries "as to modes of dress, diet, state of mind, etc." Regarding the *dress*, little need be said beyond that it should be such as to relieve the body from all restraint; the trunk should be free from girdling pressure, the limbs entirely free to act. Frequently the physician will think some particular kind of support to the abdomen needed, and he will direct it. The high-heeled shoe is particularly to be avoided, owing to the position of the muscles that lift the thighs; such shoes always strain the back and pelvic organs, and in the pregnant state may be productive of more serious mischief. If these general rules are attended to details may be left to taste.

The *diet* should always be generous. Every one knows the difficulties that lie in the way of the nutrition of the mother, and every one can see why there are extraordinary demands upon her powers. There is, perhaps as a consequence, a great tendency to anæmia (popularly known as "thinness of blood"), which leads to a multitude of weaknesses in every part of the body. It would be beyond our limits to detail these; but the lesson is

that "an ounce of prevention is worth a pound of cure." Good, wholesome, nutritious food should be taken; those things that lead to good appetite should be sought after, such as regularity of bowels, sunlight, exercise within the limits of the person's strength, as much freedom from anxiety and as much cheerful, unexciting company and occupation as is within the person's reach. Occasionally medicinal treatment is needed, but this should be by a physician's advice. Now and then cases of inordinate appetite are met with, the patient eating until burdened. Such persons, of course, need restraint either of themselves or from their friends. It is not intended here to make any criticism of proper regulation of the diet by the physician, for definite reasons. For instance, if the latter was aware of any kidney trouble he would arrange the diet according to the requirements of the patient's health, and similarly in many disorders. But we believe that the notions that seem to be rather common that some especial restricted diet, applied at random by the patient herself, can render child-bearing easier and safer is not only nonsense, but pernicious nonsense. The little we have known of the results of such methods has led us to believe that they have been impairment of the health of the mother. The facility of delivery is in no way increased, and the ability of the mother to promptly recover is usually diminished.

Fallacious Notions.

Inquiry has been made about so-called "mothers' marks," and a word may be added here. These are usually

due to a peculiar arrangement of small blood vessels which are massed together. Sometimes they make simply a superficial red or purplish stain upon the skin; at other times they are sufficiently numerous to make a prominence greater or less in size, and occasionally even to demand surgical interference. There are others which are fatty growths covered with skin, and others again which are brown or black in color, hairy or not, and popularly styled "moles." These have all been styled "mothers' marks" from the notion that they were due to some un-

gratified "longing" on the part of the mother. Thus, the red ones are called "strawberry marks"—the well-known identification mark of the melodrama—darker ones are "cherries," and so on. The resemblance of the mark to the fruit is often as fanciful as could well be, and forced to suit the purposes of the old-wives who are bound in honor to account for the mark. Actually there is no known relation between the marks and the impressions, and the association is only a survival from a more superstitious age than ours.



Dysentery and Kindred Disorders.

Dysentery is so grave in character, especially with young children, that it is not safe for an unprofessional person to undertake its treatment, and therefore only a brief reference to it is necessary. Fortunately what is frequently by parents called dysentery is not dysentery at all. Very often during the summer months the following conversation occurs between the doctor and an anxious mother with her sick baby:

"Doctor, the baby is very sick with the dysentery. What can be done for it?"

"How many movements, madam, does the baby have in a day?"

"So many I can't count them."

"Is there any blood in them?"

"Not a bit."

So the case turns out to be one of severe diarrhœa.

Characteristics of the Disease.

It is well to know that dysentery is for the most part an inflammation of the lower portion of the large intestine, which leads to more or less ulceration of the part affected, to frequent discharges, generally small in quantity, and attended by straining and pain. It may be a continuation of a diarrhœa. Frequently it is induced by dampness, or heat, combined with foul air from defective house drains

and from decaying refuse in cellars and about houses. However the disease originates, the emanations from dysenteric discharges contaminate the air and are liable to create dysentery, especially in those attendants who are not in good health, or who are debilitated by anxiety and overwork. Hence it is essential that dysenteric discharges should be removed into the open air as soon as possible, there to be disinfected before being buried, or should be emptied promptly into the water-closet basin—in which case the basin as well as the receptacle used by the patient should be disinfected. The disinfectant to be used is Platt's chlorides, or chlorinate of soda.

Discharges of blood do not necessarily point to dysentery—for there are various conditions which cause such discharges; the more reason why a doctor should see such cases of sickness early.

Requirements in Suspected Cases.

Where there is reason to believe, from the symptoms already given, that the case is one of dysentery, until the doctor can see the child it is well to take certain precautions and to undertake certain remedial measures. Rest in bed in a recumbent posture is of the first importance, and to effect this requirement will often tax to the uttermost the patience of the most exemplary mother. The little one, not feeling very sick, perhaps wants to be moving about; or, if very sick, wants to be held or rocked. Now comes the opportunity for the nurse to use tact and firmness, to amuse and insist. A second requirement is warmth, the feet and abdomen especially being kept warm by woollen clothing, and, if necessary, by hot ap-

plications. Abdominal pain will frequently thus be relieved. A third requirement is an abundance of fresh, pure air, admitted from out-of-doors, but not in such a way as to create draughts. If the weather be damp or cold, an open fire in the sick-room would be very serviceable.

Food.

As to food, no fruit, graham bread, cake, pies or puddings, gravies, vegetables, or meats should be allowed. The diet should be simple—boiled milk, alone or thickened with flour from a rice or wheat-flour ball; weak tea, thin mutton broth, zwieback, etc.

Treatment.

Medicinally, five drops of castor oil with from two to five drops of paregoric may be given in warm milk or beaten up with the white of egg every hour or two, if movements are frequent. If the child should have severe pain and bearing-down, *one drop* of laudanum in a tablespoonful of starch water may be gently injected with a bulb syringe into the rectum. But such injection should not be used more than twice a day, especially if another opiate (paregoric) is used as directed. While opium is of great service in quieting pain, the susceptibility of many children to opium poisoning, even when the drug is given in small quantities, must be constantly borne in mind.

Protrusion or "Prolapse" of the Rectum, or Lower End of Large Intestine.

This condition, in which the bowel at times protrudes from the body, is associated frequently with a want of tone in the muscular walls of the intestines, the result of a diarrhoea or a dysentery,

especially if attended by straining efforts, and may therefore be considered at this time. Sometimes it is caused by the repeated straining necessary in obstinate constipation, or by that caused by the continued use of inappropriate closets and chamber vessels, especially where the seat part is too large for the child's body, allowing it to sink down so far that undue pressure is brought to bear upon parts not intended to stand the strain of expulsive efforts, while the parts that were so arranged have little chance to act. In certain instances it is advisable to have an additional slanting seat to place over the ordinary seat when the closet is to be used.

When the bowel comes down, it is childish, to say the least, for the mother to be frightened, for there are very few cases in which the protruded bowel cannot be replaced in its proper position. How to make it stay in place is for the attending doctor to determine. To reduce and replace the protrusion, rub well with vaseline or olive oil the bowel and adjacent parts, as well as the fingers of the operator. Place the child on its back with hips raised a little by a pillow. Then with the thumb and two or three fingers gently but firmly grasp the protruded mass, and steadily push and work it into the body, applying afterward to the opening a pledget of oiled cotton. To hold it in place and to apply pressure, use a bandage or folded towel, fastened around the body. The child should lie still in or on the bed for an hour or more after the operation.

Itching and Chafing.

These troublesome ailments, especially in children with thin skins and

of a nervous temperament, are not infrequently associated with the various disorders of the alimentary canal, whereby acid discharges irritate and inflame the skin, and so induce much suffering. For these acid discharges improper feeding is largely responsible. Babies allowed for any length of time to wear wet diapers, or to lie upon beds that are wet, or who have their diapers frequently washed with water containing common strong soap, are very liable to suffer from itching and chafing.

One of the most aggravated cases we have ever seen was that of a baby belonging to a moderately well-to-do German woman. The child was lying upon one feather bed and was covered by another. Between the under feather bed and the child's body was a rubber cloth. As the child's body sank into the bed, the rubber retained the discharges from the bladder and bowels. This, with the warmth of the superimposed feather bed, created mischief.

In this case, as in many another of severe chafing, when the skin seems almost raw, the mother is frequently deluded into the idea that little can be done because the "sprue," as she calls it, "has gone through the child." On the contrary she can do very much good. Let the child sleep on a firm but comfortable bed; do not overheat it by too much or too warm bedclothing; sponge the parts two or three times a day with tepid water, after removing soiled napkins, or otherwise; dry the parts with a soft linen cloth, and apply a thick lather made with Packer's Tar Soap, to be left on, or

apply some fine potato starch or white zinc ointment, or vaseline, plain or carbolized, or fuller's earth. Several applications are here mentioned, as there is no specific. Repeated excoriation produces a thickening of the skin and a tendency to irritability which it is

sometimes difficult to get rid of. One of the best ways of obviating this tendency to irritability is to feed the child with plain, easily-digested food, and to avoid much meat and rich gravies, which tend to make the secretions of the body irritating.



Nervous Children.

There have always been more sick and invalid children in the world than adults, but it was not until about one hundred years ago that any systematic medical work was written upon the "diseases of children." The learned author, Dr. Von Rosenstein, did not have much to say about their nerves, but so far as he went he hit off the modern youngsters very well. "The nerves of children," he says, "are very sensible and irritable. They are more numerous in proportion to their bodies than those of a grown person; as they have many juices or fluids, they are so much the more softened. . . . For this reason children are subject to startings, and these, at whatever time of life they occur, are called convulsions."

Every one observes the restless, sensitive, and excitable nature of children. It is the natural and healthful condition for them, and it is due to the causes at which the physician above referred to hints.

Peculiarities of the Nervous System of Childhood.

No part or organ of the body grows so fast or is so large in proportion as the nervous system of the child. At birth the brain is already seven times as large in proportion as is that of the adult; yet in two years it just doubles its weight, and by the seventh year is almost as heavy as it ever will be. On the other hand, it takes from eight to ten years for the liver, heart, lungs, and other organs, to reach even half the weight they will have when the child is grown up.

It has been thought by some that because children's brains grow so fast a special nerve food, such as cod-liver oil, is often needed; but after all the brain is not a very large part of the body, and in the seven years during which it gets its growth it really gains a weight of only about two pounds, while the muscles in growing gain 60 pounds and the bones over 22 pounds. So the nerves of healthy children get

all they need of food on an ordinary diet.

The nervous tissues of the child are juicier, they have more water than those of an adult, and this makes them more sensitive. The French colonel explained his cowardice by saying that he was only one-third colonel and two-thirds water; so why shouldn't he run? But the child is only one-quarter child and at least three-quarters water; so perhaps he has a like physiological excuse for his disinclination to local permanency.

All those higher powers of the nervous system which hold the body in control are not yet developed in the child. The "gray matter" of the brain, where dwells the mind, is thin and pale and pasty, and the big nerve cells which the modern materialist bows down to and worships are not yet in good form. Certain "nerve centres" which regulate the beat of the heart, the flow of the blood, the breathing, and the digestion are not yet up to their work, and so all these functions are easily disturbed. The child is largely at the mercy of emotions from within and impressions from without.

No wonder, then, that, with a brain growing like a mushroom, with a soft and sensitive nervous tissue, with the controlling centres undeveloped, and with the instinct of exuberant vitality which tells him that motion and exclamation are necessary to health, the child is nervous. Nervousness to a certain degree is the natural condition of the child.

Characteristics of Nervous Children.

But sometimes this is carried too far. The child is unceasing in rest-

less activity, is mischievous, noisy, disobedient, is irritable and unreasonable beyond all precedent. Or perhaps he is fretful, petulant, starts and trembles at unwonted noises, is morbidly afraid of solitude, of the dark, or of sleeping alone. His sleep, perhaps, is restless or interrupted by frightful dreams. Sometimes boys have "spells" of restlessness and excitement almost amounting, in their parents' eyes, to craziness. When children develop these traits we may call them really "nervous" in the medical sense.

This is not a technical article, and we cannot go into all the causes of this nervous irritability of children. But we take it that parents with nerves themselves, who suffer from children with more nerves still, may feel an interest in knowing some of the things which may turn their lovely child into an imp incarnate.

Causes of this Nervousness.

Of course such a change is often an accompaniment of some very evident disorder, as, for instance, a beginning fever or indigestion; sometimes it ends in an infective disease like mumps. Of these cases we are not speaking, but rather of the children in whom the irritability keeps up for weeks and weeks, while no active or well-marked disease shows itself.

Education is responsible for many cases of this kind. The real object of true education is to train the child to a control of his feelings and his faculties. Children who do not receive discipline and are not taught regularity in habits and the need of self-control are more liable to nervous disorder.

A very important cause of attacks

of nervous irritability is a latent or impending St. Vitus dance. Often children, instead of having this disease fully, have only the nervousness which goes with it. This is more especially true of children living in cities and in the North.

This same kind of irritability shows itself also in boys or girls who are having or are developing epileptic convulsions; and, besides this, children will sometimes, after being very nervous for a time, develop a genuine hysteria, such as is usually seen only in maturing or matured women.

Great nervousness in children is often a sign that there is an irritation in some part of the body. Place a small bit of gravel in the shoe in the morning. It causes no actual pain, but only a sense of discomfort; yet that discomforting feeling acting all day will by night make the carrier of the gravel utterly distracted. So a child may have, we will say, "worms" (for we believe in the potency of these unpleasant things) in his bowels. He is not conscious of the presence of the guest, but the worm is at work just the same, worrying and irritating the membrane, whose juices it lives upon, and it causes in time, "reflexly," nervousness or even convulsions. Perhaps the teeth are not coming out as they should, or the child has some irritation of the genital organs, and these things produce the same results.

A state of continual nervous irritability, combined, it may be, with precocious brightness of mind, is seen in children who have some consumptive or scrofulous taint in their blood. We don't mean to say that this is always so, or even the rule; but it does so

happen, and then the child needs an unusually careful bringing up in every way.

No doubt nervousness in children is often caused by bad feeding, bad air in the sleeping rooms and school rooms, eye strain, cigarette smoking, and other occasional causes. The nervous system of the modern child, stimulated by competition and the excessively active life led by its elders, sugar-fed and insufficiently rested, responds to many kinds of irritations.

The child's exquisite sensitiveness of mind makes him liable to disorders of fancy also. Children often dream with such intensity that the images seem entirely real to them. Some children will even have "day dreams" so vivid as to be called hallucinations. Such children may describe these hallucinations as actual occurrences, and get the credit of being monuments of untruthfulness, when they really believe that what they say is true. On the other hand, their dreams at night may be disagreeable; nightmare and night terrors are disorders of childhood. Sometimes dreams at night set the child to walking in sleep. But children are poor somnambulists, and rarely walk far or attempt any dangerous feats, such as adults are described as doing. The night terrors of children may be due to many causes, but the sleep-walking is usually the result of a brain overworked and over-worried by tasks at school or elsewhere.

Importance of Hygienic Measures in the Nursery.

Of course the main question that interests parents is, What shall we do for the over-nervous child? Nervous-

ness, as we have shown, is caused by so many things that it is not easy to give advice which will have any general application. Some children are apparently born nervous, and these are hardest of all to deal with. Parents ought to consult their family physician in such cases, and learn from him, if possible, the cause of the trouble.

Nervous children ought to be put upon a special diet and receive unusually careful discipline. They should be made to eat and sleep, and be in the open air, regularly; they should be kept from unhealthful excitements, and especially from any society which excites or worries them. Regularity in eating and sleeping and good common-sense in the selection of food are the most remedial things. Some children, it is observed, will not eat vegetables, others will not eat meat. Many of these idiosyncrasies are really only fancies and can be controlled by tact and firmness. It is not wise to allow a child to grow up with the habit of never eating a large class of nutritious foods. If, because the diges-

tion is really not good, or if, for other reasons, a special diet for nervousness is indicated, this should, as a rule, be a soft one. It should consist of milk, fish, eggs, cream, farinaceous dishes, not much meat, little sugar, and no pastries or confectionery.

Nervousness of Older Children.

Nervous children need not be taken from school necessarily. School discipline is often beneficial; but the parents should see that the studies are not overburdensome, and that the child's eyes are not overtaxed. In education, we may say, children are not hurt by overwork. It is the worry of competition, poor light, late hours, bad air, and such accessories that do the harm. Work hurts no one, and a great deal of the talk about educational overpressure is wretched rubbish.

It is a misfortune if children have to spend the greater part of the year in the city, since fresh air, and unlimited opportunity to breathe it and exercise in it, are the best of remedies against nervousness.

How Can I Cure My Indigestion?

Indigestion, as generally understood, is so widespread a complaint that a popular, yet authoritative, treatise on the subject has long been a *desideratum*. Dr. A. K. Bond has therefore filled a decided want by the publication of a book entitled "How Can I Cure My Indigestion?" which has just been issued by the Contemporary Publishing Co., New York. It is written, not in the interest of the baby (although there is a chapter in

it with particular reference to the youngest member of the family), but in that of its parents, who, unfortunately, in these days of increasing mental and physical strain, are so apt to become victims to the national disease—dyspepsia. It is safe to say that a sufferer from this ailment, in any of its many forms, will find in Dr. Bond's book a thoroughly trustworthy adviser. It is written in a very attractive way and entirely free from tech-

nicalities. The following extract, from a chapter on "Testing New Remedies," will give a fair idea of Dr. Bond's racy style: "Nowadays almost every town of any size has its colleges and its medical journal, with professors and editors who feel themselves competent to dispute the value of any new method, no matter who proposes it. We have fads, more or less deadly, cropping up every year, and they are quickly backed by great names and elaborate statistics of cure; but before a year is out they are riddled with criticisms by independent observers and writers. By the end of a second year they have been pretty well weighed, and if they survive a third year they are generally by that time relegated to the quack. The great danger nowadays is not that new fads will last, but that remedies of pre-eminent value may be lost sight of in the host of less valuable new remedies, or that the art of effectively using them, in which older physicians took justifiable pride, may be lost in the accumulation of scientific details, which threaten to make the modern medical graduate highly cultured but ill-fitted for actual practice."

"It is a comfort to know, anyhow," says Dr. Bond, "that the bit-

ter stomach has always, as a rule, yielded quickly to simple remedies, whether because it is self-curing or because it depends on less deep-seated causes than most other 'stomach disorders.' The relief of 'bilious sick headaches' is largely secured by the patient's own efforts, with perhaps some prescription received years ago from the doctor. Possibly the old-fashioned spring clearing-out, so dear to our grandmothers, may, before long, be introduced with a flourish by some popular professor, much, no doubt, to the improvement of livers whose Lenten respite is passing into 'innocuous desuetude.'" The same note of conservative suggestion as to self-help is struck in other chapters, among which may be particularly mentioned those on "The Causes of Indigestion," "How to Eat," "The Nervous Dyspeptic," "Improper Meals," "The Cook a Dyspepsia Artist," "Change of Diet," "Bitters and Other Vegetable Tonics," "The Milk Cure," "Vegetarianism," "The Massage Cure," "Treatment by Drugs," etc. The book is certain to appeal to a wide class of readers and to become popular, as well as helpful, in the best sense of the word.

Equal Development.

Last summer, while the writer was travelling in a strange neighborhood, it was necessary to inquire about the roads. Once we stopped at a neat farmhouse close by the road as an intelligent-looking woman was standing at the door. Addressing her for the proper course to the next town,

she answered: "Keep straight on about a mile and there turn to the right." And to direct us, she waved one arm, which was the left. This called attention to the fact that either she intended saying, "Turn to the left," or that her ideas were poorly associated for a corresponding gesticu-

lation. Thereupon she was pressed for the correct instructions, but she persisted in saying, "Turn to the right." The road to the right was taken, and proved to be exactly wrong. This woman had spent little thought on directions, and was lacking in a practical knowledge of right and left.

The Common Perplexities as to Right and Left.

It is quite common, even with intelligent persons, and especially with children, to shut the left eye when asked to close the right. Some will close the right eye when so directed, but immediately open it and close the left one. Patients describe pain in the right side of the body while pointing with the left hand to a point on the same side of the body. If a gathering of children is suddenly requested to lift the left arm, many right arms go up, and while some notice the mistake, others do not. Direct a child to the right while walking, and, two to one, the turn will be made indiscriminately. Man alone of all creatures is right- and left-handed and footed; and with some persons, at least, there is a slightly one-sided development of the organs of special sense, or, from habit and the greater use of the right hand, the special organs of the right side are more used and become more highly cultivated. This side is developed more and responds more quickly. Ordinarily, to catch an indistinct sound, the right ear is cocked in the direction of the sound, and the left is only turned when it is inconvenient to place the right. A faint odor is first caught up by the right nostril; and sighting, looking into a microscope or kaleidoscope, is most commonly done

with the right eye. From old custom children are instructed to close the left eye, but only a few are taught to close either eye at will.

Teaching children and youths is more for the purpose of discipline than with a view to the accumulation of facts. Knowledge is power only when it is put into action. In our present systems not enough attention is given to teaching children how to observe, to think, to reason—in short, how to make practical application of their faculties. An ounce of this instilled into a child is worth a pound of any promiscuous accumulation. Better think one good thought than learn a dozen thoughts of another, however good.

By equal development is meant that both sides of the body are similarly cultivated in growth for activity and usefulness. The eyes move co-ordinately with each other without effort of the will. The nerves supplying the twelve muscles of the eyes are too intimately related to admit of any contrary movements. In the acts mentioned above, the use of one eye is overcome by closing the lids. Children should be taught not only the control of the lids of both eyes, but also the various movements of the eye-balls, looking up and down, to the right and left, and so on. It is of every-day practical use, gives great assistance to the physician in treating diseases of the eyes, and tends to add grace and expression to them.

The Value of Gymnastic Exercises.

All gymnastic and calisthenic exercises assist in the equal development of the body. When not carried to ex-

cessive use, they give ease and elegance to all bodily movements, and harden down the muscles and tissues, which is the surest sign of a robust health. Youths and persons working most of the day at physical labor experience considerable restfulness and relief from a short indulgence in systematic gymnastics. System is an all-important factor, both as to regularity of taking the exercise and the manner of practising it; it cannot be lost sight of. Exercise with the arms works on the muscles of the arms, neck, chest, abdomen, and back. Most exercises with the legs act on the whole body. If the shoulders are rounded and the chest walls improperly expanded, calisthenic movements, cautiously directed by the father or mother, will often do more good than medicine. When the shoulders spread out and the chest distends, the interior space is increased, and there is a corresponding increase in the capacity of the lungs. This increases the vital power, the blood is more thoroughly oxygenated, circulation is stimulated, and a marked improvement in the general health is the result. The left arm, receiving the same work in quantity and kind as the right, is more evenly developed with it, and in after-years there will be less evidence of the one-sided development, but a more graceful and serviceable arm. The same is true of the parts of the arm, the forearm on the arm, the hand on the forearm, and the fingers. The agility of the fingers is wonderfully improved by practising simply on a table the varied and rapid movements required for piano playing. Nimble fingers are of practical value in any work whatso-

ever. How every one notices a quick, graceful hand! A woman naturally left-handed is peculiarly rapid and graceful. By cultivating equal development in children before the one-sidedness is too prominent, the co-equalness might be easily and firmly established. As an effect of the arm exercise, the head takes a straighter and more erect position on the body. An erect head relieves the chest and allows freer breathing through the throat and free play for the large blood vessels.

For the legs, walking is the universal exercise. But the walking must be carefully done. When exercise only is desired, any promiscuous romping or walking may do; but for the purpose of equalizing the two sides, it must be done more in the military way, step by step. All forms of leaping, jumping, running, and so forth can be done systematically with a view to drill and exactness. Dancing is the exercise, above all others, for developing symmetry of movement, and is certainly to be encouraged in the home. No unseasonable parties, no sentimentalism, ought to be connected with it. Cut it down to a plain, pretty, healthy amusement, recreation, and exercise. Give it the place it deserves and derive from it all the good possible.

Exercises Deserve a Place in the Home.

Why exclude any good thing from the home? All are needed to make it attractive, that children may desire it above all other attractions and allurements. We need more elevation of the home circle and the attractions that can reasonably be set forth. The home is weakened by its lack of interests and is made dull and prosy.

Rather degrade the places of flaring enticements by supporting and elevating the place dearest to every heart, even the young. It is only when home has no life, no charm, that the members of the family seek comfort elsewhere. The children that are purely and openly taught amusements, games, and dancing at home are rarely the ones to go astray. The principle of home forever remains fixed in them and serves them as a watchword and shield.

With these objects in view, there is no hesitancy in advocating such exercises for the better development of coming generations. Some of them have been introduced into our schools, but this is not enough; they should be encouraged and taught in the home. Cheap books on the subject, which describe all forms of recreation in a clear, plain style, easily understood by any one, are available at any book store. Do not buy them and hand them over to the children, but, as you feel a parental interest in them, give

a few minutes each day to teaching and helping them. In this country, where consumption of the lungs and throat diseases are so common, every effort should be made to strengthen the lungs of the children and give them uniformly developed bodies. This is often most successfully accomplished by the early use of the exercises favoring symmetrical growth. Without medical treatment, a pale, round-shouldered child becomes straight and robust; thin, shapeless limbs fill out to rounded beauty; weak, flabby flesh grows firm and strong. For well children it materially increases the durability of the constitution and develops the body to a more perfect appearance. A slightly crooked arm may be straightened; bow-legs, subjected to patient, continual, voluntary contraction of the muscles drawing the legs in, submit partly or wholly. Higher physical culture increases the percentage of longevity, and the selection of proper methods favors the development of the fittest types.

Nursery Problems.

Hoarseness; Water in the Ears; Wheeling Baby; Confining the Feet; Catnip Tea.

To the Editor of BABYHOOD:

(1) Is simple hoarseness, not the result of violent crying and only occasionally noticeable, indicative of fresh cold?

(2) Is it hurtful to the ears to allow Baby's head to lie sufficiently low in her bath tub to admit of the water remaining in them?

(3) Is there any special virtue in wheeling Baby in her carriage? If set to rest in some desirable spot, is Baby's outing as beneficial to her as though mamma's time were given to carrying or wheeling her about?

(4) Does BABYHOOD approve of the plan

of leaving tiny feet unconfined by little shoes until the wee one attempts to stand?

(5) Is catnip tea loosening or binding?

Patchogue, N. Y.

D. N.

(1) Not always. Better inquire into the state of the stomach.

(2) It depends very much on how perfectly you get the water out. Salt-water bathing often causes trouble if the ears are filled. We do not happen to know of a case where fresh water has done so, but it may do so.

(3) The sunlight and air are the *desiderata*; the wheeling is usually of

no importance to the baby after a suitable place has been reached, unless it be a baby that demands constant change of scene.

(4) Yes, a wide, warm stocking is enough until the baby begins to use its feet for walking or creeping.

(5) Neither, unless so much of the tea is given that it acts by bulk as a laxative. Catnip tea relieves colic, and, by so doing, allows the bowels to move or not, as other conditions may determine, so it may at one time seem to be loosening and at another binding.

Queries Regarding the Gertrude Suit.

To the Editor of BABYHOOD:

I wish to try the Gertrude baby suit for a baby's first suit this winter, and would like some more information.

(1) The nightgown and diaper only, worn at night in winter, do not seem to me to be enough, the nightgown being made of cotton flannel.

(2) Would you think it safer in winter to use a woollen shirt and socks night or day, though the room be comfortably warm? Of course the woollen band will be worn for a time at least.

(3) Please let me know the suit you think is all that is necessary for winter for an infant expected in midwinter in this city. I wish to try the suit, yet feel almost afraid to.

Des Moines, Ia.

K. M.

(1) The nightgown may be of thin all-wool flannel with advantage.

(2) The woollen shirt can be worn by day, the woollen nightgown taking its place by night. If the clothes are long there is no use in socks. If the long clothes cannot be kept down to protect the legs, use stockings long enough to reach to diapers. The knees need protection as well as the ankles.

(3) The Gertrude suit seems quite sufficient to us, especially if light woollen garments are substituted for cotton flannel. A very young child, that cannot turn or toss, can be enveloped in a light, soft shawl outside of its clothing. Later use a wrapper of "wash flannel" over the nightgown to keep the shoulders warm.

Phimosis; Weaning.

To the Editor of BABYHOOD:

I have read with great interest the articles in BABYHOOD on phimosis. I would like to ask:

(1) Why it is necessary to be done, or had better be, as most physicians say, in every case, when there is no malformation and the little ones are just as God made them? My baby boy is now ten months old, and I would not care to have the operation performed if not absolutely necessary.

(2) At what age and how can a baby best be weaned nights? If he wakes up and wants the bottle should he be allowed to cry?

Park River, N. Dak.

E. R.

(1) Most physicians do not say that it is necessary in every case. The ground taken by many, if not most, physicians is that the operation involves no danger and may prevent much irritation. If parents will take pains as to the toilet of the parts (not simply washing externally), the operation is not very often absolutely necessary.

(2) At six months usually, by eight months pretty certainly, a child can go from, say, 10 P.M. till early morning, and would better do so. There is only one way to accomplish this. Arrange the day's meals so that the last comes at or about 10 P.M. Then, if food is cried for, give drink and get the child to sleep without feeding. If it will

not go to sleep, wait till considerably after its usual time before feeding, and each night make the hour later until your set time is reached. Usually two or three nights at most win the battle. Most of the difficulty comes from the vicious habit of feeding a child whenever it cries, until it comes to feel that it cannot become quiet without the breast or bottle, when over-feeding may be the real cause of the restlessness.

Moles; Outgrowing Catarrh.

To the Editor of BABYHOOD:

(1) My little boy is now nearly twenty months old. When about a year old a tiny brown mole appeared upon the end of his nose, and a few months later another appeared upon the nose and one upon the forehead. They resemble freckles somewhat, and are not large enough to really disfigure him as yet, but I fear with age they may increase in size. Is there any way of removing them and of preventing the appearance of more?

(2) He has been considerably troubled during the summer with catarrh. It does not affect his breathing much, but gives him an offensive breath, especially upon waking. Would it be best to give him treatment, or trust to his outgrowing it, which I suppose is not probable in this climate?

Grand Rapids, Wis.

A. L.

(1) Moles cannot be removed by any domestic treatment. If they amount to a disfigurement they may be removed by a surgeon.

(2) Catarrh is not "outgrown," except so far as improved health may relieve it. If it is to be cured it must be by treatment, local or general, or both, as the case may demand.

Knock-Knee.

To the Editor of BABYHOOD:

I have three boys under five years, and,

as I am my own nurse, I have watched them closely. Lately my little boy of three-and-a-half years has given me some anxiety on account of his being knock-kneed. It is only within the past six months that it has become marked. Could you suggest any cure? I have not consulted any physician. The child is a strong, active little fellow, who has scarcely known a day's illness. It would give me great satisfaction to know that something could be done to lessen this tendency.

Passaic, N. J.

H. T.

A child at that age can probably be cured by the proper use of braces. They can be procured by having your physician take exact measurements and sending them to an instrument maker. If you have no physician within reach, you can get blanks from the instrument maker, by the aid of which you can take measurements yourself. The first way is preferable.

Diluting Milk; Hours of Feeding; Perspiration while Eating; Cutting Finger Nails.

To the Editor of BABYHOOD:

(1) Will you please state in your excellent magazine why you recommend diluting milk with water for babies' food? My physician ordered clear milk for our baby boy. I have used it since he was three months old, and now at seven months he is apparently a strong, healthy baby. I have used the sugar of milk for sweetening. He takes very near a quart of milk per day.

(2) He is fed once in four hours and four times a day, as he goes to bed between 5 and 6 P.M. and sleeps soundly until 5 A.M. Does he go too long without feeding? He keeps well, is good-tempered, and, in fact, seems in excellent health and spirits, being particularly good-natured. He cut two teeth when five months old.

(3) Since reading your article upon "Perspiring Babies" I have wondered if I have any cause to feel anxious. Our baby sweats about the head and shoulders when asleep, when it is at all warm, and also when feeding the sweat rolls off his face. Should this cause anxiety?

(4) Do you advise cutting finger nails of a baby so young? I have cut our baby's and it seemed to harden them.

Superior City, Wis.

H. A. M.

(1) There are few children under a year who can digest pure cow's milk. The reason it is diluted is this: Pure cow's milk contains of casein (the nitrogenous and cheese-making part) a much larger percentage than does human milk. By diluting with water the percentage is brought near to what it should be. But in the dilution we have also diluted the sugar strength, which is high in breast milk, and hence we add milk sugar to replace it. For the same reason we add cream, or use only top milk, which contains an undue proportion of cream, to keep up the proper cream percentage.

(2) He is fed often enough. The long night's sleep is very useful to him.

(3) If he only perspires in hot weather or when drinking warm liquids, it probably means nothing. But you do well to watch.

(4) There are many superstitions about cutting Baby's nails. We know of no reason why they should not be trimmed as often as they become long enough to scratch himself or others, or to break at the edge.

Diet at Twenty-two Months; Sleeplessness; Word-Teaching; Whooping-Cough.

To the Editor of BABYHOOD:

(1) My little girl is twenty-two months old. She has been fed cow's milk, diluted, all her life. She now lives upon soft-cooked eggs, bread or crackers and milk; at dinner she gets a few potatoes, chicken gravy, or a little rice. Very often she eats only an egg and some boiled milk and crackers. All summer she was much troubled with indi-

gestion and "summer complaint." She seems better now. While she was so bad I fed her boiled milk prepared with some Peptogenic Milk Powder, and but very little else. She gained very little last summer; weighs twenty-six pounds. She is active and seems well now. I keep her out-of-doors all I can. Am I doing right with her? I am of a very nervous disposition and I fear she has the same. She has only twelve teeth; is cutting her eye and stomach teeth now.

(2) What shall I do to get her to sleep early? She goes to sleep about nine and gets up in the morning about half-past six, and takes a nap of about one-and-a-half hours in the afternoon. Is this sleep enough? I have had trouble all her life to get her to sleep at night. I have tried every way I know. She generally does not fret, but just won't go to sleep.

(3) Do you think her too young to learn words? She likes to have me print words on paper, and in this way she has learned several. I thought perhaps she might continue this, until this winter she could begin to put words together. I should not make it a task or urge her too much to study, only let her cultivate her powers of observation in this way.

(4) Whooping-cough is at our door and I fear it will be impossible to avoid contracting it. Is there anything I can do to make it easier for my baby or in any way shorten the period? She has swollen tonsils and coughs, from cold in winter.

La Porte, Ind.

T. E.

(1) You seem to be doing about all you can; be a little wary about the potatoes for a child who has had bowel trouble.

(2) She has probably sleep enough. If you desire her to go to sleep earlier, the only suggestion we can make is that she be undressed some time before the desired hour of sleep, so that she will become calmed after her play, and then drowsy. A warm sponge bath of feet and legs favors the drowsiness.

(3) She is not too young, if the learning of words is simply an amusement. Let it be done always by her desire, otherwise there is danger of its being overdone.

(4) Whooping-cough is sometimes mitigated by judicious medication, but this is beyond the range of domestic practice. Good care, avoidance of chills and draughts while plenty of fresh air and sunlight is had, care in feeding, etc., all help to diminish the severity of the attack and of its sequels.

Condensed Replies.

V. L., Pawtucket, R. I.—It is not true that "Nature induces its own result and requires no assistance," except under favorable circumstances. With the man who has health, a perfect digestion, enough to do to produce gentle fatigue and not too much, who has no worries and who goes to bed expecting to sleep till the breakfast bell rings, Nature "requires no assistance." Let any one of these requirements be wanting and see what Nature will do. The practical point here is this: Babies "worry" at going to sleep, usually from fatigue. They are kept awake until their little strength is exhausted, and their fretting causes the first recognition their fatigue receives. It takes time for the nervous system to quiet down. The same is true of older children. The judicious attendant begins to quiet the baby or the older child in advance of fatigue. The baby may be usually lulled to sleep when the time for slumber is approaching; the older child's play may be interrupted by a quiet story-telling or singing, and sleep comes, if not promptly, without weeping.

A. I., Tuscumbia, Ala.—The food can be strengthened by the use of barley water or oatmeal gruel in place of water, which change may be made directly. How soon he can have any cereal preparation thicker than gruel, and when bread crust and the like, depends upon the development of his teeth. Other things being equal, it is fair to assume that the digestive organs are proportionately developed. A child without chewing teeth (molars) can get little good from any solid food.

S. H., Cleveland, O.—The soda crackers are not desirable; graham crackers, if not sweet, are better. A cracker sold under the name of "Educator" we think a good one, and the hard cracker, although not of graham flour, is useful; it is too hard to be swallowed without chewing, and thus excites a desirable flow of saliva. The evening meal should be chiefly milk with perhaps bread. The food is no longer needed, but may be used if the child likes it, with milk. It can be mixed in greater strength than for the bottle, rather as for an adult invalid. It may do for the evening meal occasionally.

R. S. T., Worcester, Mass.—The simplest and best method of removing a cinder from the eye is the following: Take a match or small strip of wood; if a match, light it and extinguish the flame after the sulphur has been removed, rub off the charred portion with a little stiff paper, and it is ready for its cotton covering. Wrap around the end a small amount of cotton—it is well to use purified or absorbent cotton, which can be procured in small

packages of any druggist. Take a small piece of this, say an inch long and less than an inch wide, in a very thin layer, moisten the end of the match slightly, apply it to one end of the piece of cotton, and, by rotating, the latter will be coiled around the extremity of the wood; a few turns between the fingers to give the cotton end firmness, and you possess an instrument which will answer in nearly all cases. To use it, hold the lids apart, observe where the body lies, and gently brush the spud of cotton across it. If the first effort is not successful, try again; but if after two or three trials you do not succeed, you can be sure the material is embedded so deeply that nothing but a hand trained in such work will be able to remove it without damage to the eye, and you should not persevere in the attempts.

M. I., Nebraska City, Neb.—Unless you definitely know that the child has been exposed to the disease you cannot detect its presence till the rash appears, and this does so within twenty-four hours of the first symptoms. The ordinary symptoms of scarlet fever are: Chill or convulsions, delirium, intense headache, sore throat, swelling of the glands of the neck behind the jaw (kernels), nausea or vomiting, associated with high fever, bounding pulse, and dry skin. The first three of these may be absent in mild cases; the others are nearly always present to a greater or less degree.

N. O. I., Lewisburgh, Pa.—If the attack from which the child is suffering is one of acute indigestion with vomiting, whether diarrhœa is present or not, positive harm may be done by

over-zealousness in the matter of feeding. Nothing is of so much value in restoring these organs to a healthy condition as *rest*. A large number of similar attacks are cured, and more speedily than by any other means, by abstinence, no food whatever being allowed, and only a little bland barley water or toast water sufficient to allay thirst.

M. T., Marion, O.—Those children who "will not take milk" are of two kinds: those who dislike the taste of milk, but who take willingly and advantageously milk as an ingredient of food, and those with whom milk disagrees. For the former, milk may be disguised as gruel, or given with Mellin's Food, or may be made into junket, etc. For those with whom milk disagrees (few, indeed, in reality) foods which do not require the addition of milk may be generally used advantageously.

T. A., Tobias, Neb.—Late teething is not proof of defective nutrition, but very suggestive of it. We doubt very much if even now the breast is sufficient for the child. If the milk is as old as the child, its abundance is probably gained at the expense of richness. You can easily judge if this breast alone will safely take her six months further. We suspect that before hot weather is over you will be obliged to give her some food. Probably your failure was due to your not making her food to her taste. Very likely you cannot begin the one meal daily unless the wet-nurse is kept out of sight at the time and for some time afterward.

N. E. P., East Aurora, N. Y.—A

child at eight months usually should get on with milk alone, but this should, as a rule, be still somewhat diluted. If there is want of appetite, a few days' observation, while the child is allowed to take smaller meals if it will, will show the cause of the child's indifference to food, which is usually some indigestion, or a tenderness of the gums, or some slight ailment. Children

rarely manifest dislike for a food they have previously taken willingly, if they are in quite good health. Where constipation exists oatmeal water or gruel, used as a diluent of the milk, is usually advisable; but if there is an eczematous tendency oatmeal seems sometimes to increase it. In such case some of the malt foods may be added to milk for a laxative.

Household Remedies and "Sure Cures."

Very frequently correspondents ask BABYHOOD why it does not recommend this or that remedy which the writers believe to be infallible. BABYHOOD would like to give universal satisfaction, but it cannot recommend always, or indeed very often, the suggested "sure cures," because it either does not believe in them or because it believes something else is better. A few words on the subject in general will, therefore, be in order. There was a time when all medicine was of the household, and the growth of the art toward a scientific basis began when persons began to collate and sift the wisdom of households, and to strive to get at the principles underlying the facts.

Three Classes of Domestic Medicines.

Household remedies may be divided into three kinds. First, those of standard value—remedies which are among the most reliable in the pharmacopœia, but which are also safe enough to be kept in the household and of which the ordinary uses are well understood.

Secondly, those which are of inferior value, but which are useful when those of the first class are not at hand. When this country was first settled,

the distance from European markets led to the investigation of the remedies, chiefly botanical, which could be found here, and to a certain degree the previous knowledge of the aborigines was of assistance in this search. For instance, a multitude of barks and bitter herbs were found which, to a certain extent, would serve as substitutes for the costly Peruvian bark. In this search, and more recently by systematic investigation, native drugs have been found which have established their right to be considered standard remedies. Now, it happens that many of these remedies of secondary value, which in a sparsely settled country every good housewife had to collect for herself, have become traditional in families, and they are still continued in use when others which are really better are easily obtained.

We may, without fear of giving offence, instance a few from those suggested to us. One correspondent urges

"The use of a tea made of the leaves of the red raspberry (*Rubus strigosus*) as a remedy for all forms of diarrhœa and cholera infantum."

Setting aside the question whether this is useful for true cholera infantum, we may say that all the native species of *rubus*—a dozen, perhaps—are astringent and are valuable in those diarrhœas that need astringents. In the official pharmacopœia *rubus* has been included for a long time, but in sifting the merits of the different species the high and low blackberries (*R. Canadensis* and *R. villosus*) have been selected as best, and the bark of the root as the most efficient part. So when we pass over the merits of *Rubus strigosus* it is not because we do not recognize them, but because we believe those of the blackberry are greater. Besides, the syrup of *rubus* is quite as easily—usually more easily—obtained in good quality at the drug shops than the leaves of the red raspberry. Another correspondent recommends

“For burns, an ointment of spearmint oil and lard or cosmoline.”

There is no objection to this. The oils of mint have a certain anæsthetic power. But, unless in point of odor, the mixture will have no advantage over the ointment of carbolic acid, obtainable as readily as is the spearmint oil. BABYHOOD thinks the proper plan is not to recommend everything it knows which may do good, but to select those things which are most certain to do good, least likely to do harm, and most readily obtainable.

It would not be fair to expect the lay practitioner to understand the principle that underlies the use of a drug; and as this is overlooked an inordinate attachment to some particular drug is the result. The physician, if he is not a routinist, uses the best if he has it—if he has not, the best he has; the un-

instructed observer often assumes that the particular article used is the one instrument or the one drug which would do the work. An amusing story is told in this connection. The distinguished Dr. Twichell, of Keene, once had occasion, when a long distance from home, to apply a blister. Having no blistering material, he put a hammer into a tea kettle, and, when the iron was hot enough, applied the smooth face to the part he desired to blister, with immediate effect. In that locality the “boiled hammer” became an established popular remedy, eventually two schools being differentiated, the “claw-hammerists” and the “shoemaker’s-hammerists.”

There are, thirdly, remedies which have little if any effect upon the ailment, at least any good effect, but which are of use only to pass the time and relieve the anxiety of the patient or his friends until the ailment is spontaneously relieved or until more efficient aid arrives. This class is very large, and need not be here enumerated. These remedies are constantly in use, and often urged upon the attention of the physician, who frequently is obliged in practice to tolerate them but cannot conscientiously recommend them.

A Specimen Popular Subject.

In this connection a few words concerning “sure cures” will not be inappropriate, because “sure cures” belong solely to domestic practice. The profession, alas! has none. It is a proverb among medical men that “sure cures” abound in proportion to the inveteracy or incurability of the disease for which the cures are intended. For instance, they are exceedingly abundant for

cancer, for cholera, and for consumption; for diseases that usually are easily amenable to treatment we hear less of them. Most "sure cures" belong to the third class we have described above, and are without effect; but some cures which are vaunted as infallible are useful under some circumstances, but their title to "sure cure" is invalidated by the fact that one person's sure cure is set down as worthless by the next person. The truth is this: Conditions which are at first glance the same are really usually not quite the same and are dependent upon varying causes, and no one remedy will meet all cases. Each cure-all may be efficient against one variety of cases and fail in the others. We may illustrate from our correspondence, and we will choose the subject of *sore nipples*, partly because of the number of remedies that have been recommended to BABYHOOD, and partly because of the seriousness of the ailment itself, and further because the letters illustrate the point we desire to make of the varying remedies, all of which are urged with equal confidence.

Its Professional Treatment.

The cruel suffering attending sore nipples makes the ailment seem different from most fissures and ulcerations. In reality the differences are accidental, not essential. The sensitiveness of many injuries of mucous membranes near their junction with the skin is well known, and the necessity of frequent nursing makes any real rest of the part nearly impossible. Setting aside the aseptic precautions now in vogue, the rules for the cure of any sore are, in general, these: cleanliness, rest of the

part, freedom from irritation of all sorts, and protection from the air. Really, if analyzed, all of these resolve themselves into one—freedom from irritation. In the case of sore nipples cleanliness is above all things important, because the milk and the secretions from the infant's mouth are constantly liable to undergo fermentation and thus become irritants. The details of cleanliness must, therefore, be carefully and constantly attended to. Rest of the part cannot be entirely had because of the nursing, but rest in the intervals may be. Freedom from irritation, beyond what is implied in the foregoing, means protection of breast and nipple from pressure and from friction of clothing. Protection from the flow of milk in the intervals of nursing is gained by the use, over the cracks, of some perfectly bland, oleaginous substance which shall prevent the milk finding its way into the crevices; and protection from the air is gained in the same way or by a close-fitting covering. Sometimes astringent applications to the cracks hasten the healing process, and, if strong, may make a tough protecting film over the surface of the sore.

Non-Professional Doctoring.

When these general principles are not in the main regarded, the attempt to heal the sore nipples will fail and more serious trouble of a forced weaning follow. One correspondent ("M. H. R.," Albany) says:

"I gave everything that was recommended a faithful trial, from herbs to mutton tallow, and at one time counted twenty different remedies I had used, but to no effect."

She at length solved her problem by

wearing constantly, when not nursing, a glass nipple shield, keeping it in place at night by an underwaist. By this device protection against the pressure and friction of the dress was avoided, to a certain degree the air was excluded, and probably the glass caught the flowing milk, which was thus prevented from irritating the fissure. She does not state whether or not she gave particular attention to the toilet of the nipple.

Another correspondent ("C. S. D.") combines absolute cleanliness with a protective salve. She says:

"I do not think that the most careful attention to cleanliness will always cure sore nipples."

Yet she appreciates its value, for she adds:

"After the first and every nursing—and more often if necessary—sponge the nipples with warm water, apply the warmed salve freely with the finger, and cover tightly to save soiling the clothing."

Her particular salve is made of equal measures of "brandy, brown sugar, and butter, cooked slowly to a thick syrup," which is to be kept in a convenient vessel and warmed by immersion in hot water before each using. Of this salve we need only say the warm butter gives the oleaginous protective we spoke of; the brandy may be valuable owing to its astringency; the sugar, if it has value at all, is useful in giving consistency to the mixture.

"A Well-wisher" (Brooklyn) has achieved success in the same way but with a different application. She believes her plan to be infallible. It is,

"Absolute cleanliness first, bathing the nipples with warm water after each nursing without fail. . . . then carefully drying,

and then applying with a camel's-hair brush Parker's Vegetable Oil. It comes in a small bottle and can be had from any drug store."

Here the cleanliness and bland protective again appear. Another oil of repute, but not so easily obtained as that our correspondent recommends (unless, indeed, they actually are the same), is "corn oil," which purports to be the oil expressed from maize. "A Well-wisher" hits upon one very efficient cause of sore nipples—*i.e.*, neglect by the nurse, who gives her first thought to the baby, until the mischief has begun. Absolute cleanliness from the first is a very efficient preventive.

Still another correspondent ("L. P. M.," Buffalo) recommends a remedy which has been successful in the only case in which she knew of its trial—namely,

"A nutmeg so hollowed out that it could be worn as a cap over the nipple in the intervals of nursing."

Here we have repeated in a crude way the device of the nipple shield. Its use is a protective, with possibly some advantage from the stimulation and slight astringency of the nutmeg.

These remedies have been given to exemplify the point made, that if the principles involved are understood, the particular means employed is of minor importance. In the particular ailment we have considered, the principles for domestic practice, both for prevention and cure, must be absolute cleanliness, protection from friction and pressure, and protection of cracks and folds by some bland substance, preferably oleaginous.

It is hoped that the foregoing remarks will be construed only as they are intended—as an explanation of the

necessity of BABYHOOD's exercising its best judgment in the publishing of the many excellent suggestions sent to it, and not by any means as a retraction of its standing invitation to readers to contribute to its columns. More dis-

crimination must necessarily be used by the editors in contributions relating to medicines than in any other class of topics. Very likely we shall have occasion to revert to the subject before long.

The Mothers' Parliament.

Summer Experiences of a Mother.

It is in these summer months that I have the most sympathy for mothers of young children, whose fits of naughtiness are a constant source of mortification to their parents, because they are almost invariably accompanied by loud noise. In winter this crying and screaming is not nearly so troublesome in a house whose windows are shut, but in summer, when windows are open and much of the family life is spent on the piazza, a child's temper fit is a very trying ordeal to a mother, who knows that the screams are being heard by her neighbors, far and near.

I well remember, after many years, how little I enjoyed the remark of a neighbor upon the fact that my two-year-old boy seemed to cry a great deal. I felt all the more sensitive from the fact that he was generally such a good little fellow that it was an exceptional case of naughtiness which had attracted my neighbor's attention, probably from its very rarity. My little scamp had suddenly decided that his morning nap was no longer necessary, and the daily crying fit was because I differed from him absolutely and insisted upon his lying in his crib until he was tired of crying and willing to sleep. Day after day, for a

time, I had to go through the same experience. One day I tried to rouse his baby pride and shame by suggesting that the six boys next door to us were hearing him. The result was that next day's screams were mingled with an occasional squeal of, "Bys hear Baby ky! Bys hear Baby ky—y—!" And that was all.

Now the question is, Would it have been better for me to have yielded to my sensitiveness about my neighbors and given up? Far from it, I believe, for the nap was distinctly good for the child. The neighbor, who evidently meant to criticise me for allowing the noise, pursued a different plan with his own little girl, who, being even younger than my boy, was allowed to sit up every night till ten o'clock, because, as her mother explained to me, she *wouldn't* go to bed till her parents went. I think my way with my child was the best for his health, nerves, and character, even if the boys did "hear Baby cry." Also, I am sure that if I had given up there would have been much more crying for the neighbors to hear during the two years that we remained in that country home.

It is to this last point that I especially wish to call the attention of parents. If they let their children see that they can get what they want by screaming,

it will become their daily weapon against parents, nurses, brothers, sisters, and all concerned in their care. What is more, they will keep up the habit of screaming far longer than they would otherwise do, and when they are old enough to drop it from shame they will find plenty of ways of carrying on the subjugation of their elders, in which they have been so successful during their childish years.

It is a dangerous thing to let a child feel that he can punish and subdue his elders by this one weapon of his, his voice, but my own experience was that he can be taught its uselessness at a very early age. The trouble which I have described was an exception, for, as a general rule, my nearest neighbors could not have said that they often heard a sound from my house, and in his new home, which we went to when Baby was four years old, I believe that such sounds were almost never heard. By that time an occasional mild punishment, joined to my habit of never giving in to a scream, had pretty much convinced my sensible little son that mamma was not to be managed in that way. He had, indeed, learned that same lesson years before, for though, as I have said, there were occasional exceptions, he showed before he was able to sit up a distinct difference in his behavior to me, who was both his mother and nurse, and to the servant who helped me to take care of him. This may be scarcely believed of a baby under three months, but it is perfectly true and was most ludicrously noticeable. With me he was perfectly contented to lie by my side, while I was free to read or sew; but let me leave him to the woman who

was afraid he would cry, and she assured me that he would not let her lay him down for a moment! At twenty months his views upon this difference between her methods and mine were so developed that I was told by his aunt, during a visit to her, that his behavior with his faithful Mary, as contrasted with his conduct with me, was one of the most ludicrous things that she ever had seen. She could not have believed that a baby could be so knowing.

By relating these experiences I have been trying to point out to mothers of little children that, no matter how mortifying it may be to have their naughty little voices ring through the neighborhood, it is better than to give way to them because of their noise and therefore confirm them in the habit of using that weapon in the future. In other words, it is better to bear our present troubles than "fly to evils that we know not of." Those evils are the very serious ones, both to your child and yourself, of letting it grow up without the restraining influence of your experience and knowledge by not learning to obey you.

For the mortification which I have referred to of having your child's crying and screaming heard by your neighbors, I would suggest that your duty to the latter, even if you do not care for yourself, is to carry a very noisily crying child into a shut-up room, where its cries will, at least, be muffled. That very fact will also often serve as a sufficient punishment, and as a warning for the child not to indulge in loud screaming the next time that it does not get its own way. A child who is always carried into seclusion

when it starts to scream, instead of getting its own way, very soon learns (for children really have more sense than we generally give them credit for) that the screaming fit is not a very useful accomplishment.—*A. P. C.*

Sleeping on the Stomach. I want to tell you of the result of my baby's sleeping on her stomach, which has been a great success and was first suggested to me through *BABYHOOD*. My baby was about six weeks old when I made the change. The first night when I put her down in that position she didn't like it at all and cried some time, finally settling down, though she did not look at all comfortable; the second and the third night it was about the same, and the third morning her nose was quite red, and I was afraid she might flatten it, as she dug her face right into the mattress. I felt then that perhaps it was unwise to keep on, lest I might injure the shape of her nose, so for a few nights I gave up trying it; but I noticed she did not seem to be quite satisfied with her old way of sleeping, so again I tried putting her on her stomach, and this time with great success; she apparently liked the position, arranged herself comfortably with her head on one side, and went to sleep at once.

In speaking to a physician about it, he said it was the proper way for adults as well as infants to sleep; that it was very injurious to heat the spine, and if the plan could be adopted with all infants the little things would be saved a world of suffering, for in some cases where children were delicate the great heat brought on spinal trouble of which they died. By placing them on

their stomachs the bowels are kept warm and they require little or no covering.

My baby is an unusually good sleeper, and I think it is due to a large extent to her not being overheated. She sleeps in a room by herself, with one window—which is kept wide open night and day with rare exceptions, and the door shut—and wears a long, loose nightdress, half-cotton, half-wool; no shirt, no belly band, only a napkin. The nightdress comes down some distance below her feet, and she is very apt to have no other covering.

It is very important, in putting a baby on its stomach, to use a hair mattress, the upper part of which is slightly raised at the head from underneath; for by putting a very young infant on a feather pillow or mattress face down it might smother. To show how well my baby likes the position: if she is ever put down to sleep when she doesn't quite feel like it, she kicks herself over on her back; once there she can't get back alone, and cries until she is again put on her stomach. Occasionally it has to be done several times, but so accustomed is she to that position she does not go to sleep in any other. I myself have adopted that way of sleeping, and like it very much, though at first it was rather hard to make the change. I think it is very desirable to begin with a child as young as possible, for I tried with my other baby, who was nineteen months, but could not make a success of it.—*M. A. S.*

Tact in Management. Helen Hunt tells the story of a mother who kept her room with her little boy for two whole days in the effort to induce

him to say "please" when he didn't want to. This protracted and painful period terminated at the time stated in the complete capitulation of the little rebel and exhaustion of a most self-sacrificing mother. On first hearing the story we were inclined to extol the self-denial and rare persistence with which, putting aside every question of personal comfort and convenience, this mother was led to devote herself to this phase of childish wilfulness. On second thought, however, if it could be done without irreverence, we would say that the persistence was worthy of a much better cause. Circumstances *may* occur, crises in domestic life and happiness, in which some such vigil may be necessary; but we doubt very much whether this was one of them. Indeed, in the case alluded to we are inclined to think that some much lighter penalty would have sufficed to meet the emergency. In the contest of wills between parent and child, at times inevitable, there is a danger that the desire to carry our point may be the one determining our action. We believe that this is entirely possible in cases that originated from a different motive, and that when it exists it is not always recognized.

Dr. O. W. Holmes, in the "Guardian Angel," tells us that Miss Silence Withers, who had the care of Myrtle Hazard, "started from the approved doctrine that all children are radically and utterly wrong in all their motives, feelings, thoughts, and deeds, so long as they remain subject to their natural instincts. It was by the eradication, and not the education, of these instincts that the character of the human being she was educating was to be de-

termined. The first great preliminary process, so soon as the child manifested any evidence of intelligent and persistent self-determination, was to break her will." Miss Silence died nearly fifty years ago, but her principles survive, in some modified form, in these our own times. Let us not forget that the secret of properly meeting such crises as these lies not in eradication but education.

But, necessary, imperative as it is to meet the issue when it comes—and this happens often at a very early age—it is no part either of duty or of prudence to needlessly create it. Certain essentials there are in which there should be no question as to a prompt obedience, but it is unwise to bring wills unnecessarily into collision. There was a famous Roman general who achieved a great reputation, and a title that has come down from his age to ours, because of the tact that crowned his generalship. And this tact and generalship were little more than a most pronounced caution in all his movements. Now, while the figure of a contest between opposing military forces may not be the most apt in depicting the position of a parent toward a child whom he wishes to lead and not coerce, it may yet be said that the greatest success will attend the government of that parent who to a thorough knowledge of child-nature adds a loving purpose of self-adaptation. Inasmuch as two persons of equal capacity and individual training are rarely at one in all matters of opinion, it cannot be expected that the unformed mind of a child will always accept parental wishes with unhesitating alacrity. Put yourself in his place, and, while insisting

upon the child's acceptance of cardinal principles on your *ipse dixit* until he develops intelligence enough to adopt them as his own, give him as few of these as may be necessary.

On the other hand, there are people who exact from their children a slavish obedience that extends to the merest trivialities. Permission must be asked for everything the child does or wishes to do, and consent or denial is largely influenced, in the case of these nervous, fussy people, by the state of their nervous system or digestion. It seems to me that it is wise to fasten at as early a period as possible the beginnings of self-reliance. The scope will at first be very limited, but

if opportunities for cultivating a sense of responsibility be sought, many will present themselves. There will thus be a seed sown in morals whose future growth must be constant and salutary. —D.

**The Need
of Sympathy.**

Child-life has many needs, but there is none stronger than that of outspoken sympathy. Some children are well fed, well dressed, and well taught, while yet they go hungry for demonstrations of love. They may be adored, admired, and trusted, while yet they feel themselves watched, criticised, and distrusted. Let the home training be ever so severe, if sympathy keeps pace with it the burden will seldom be



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greater than the child can bear. Parents fear that speaking their compassion will counteract the discipline or lessen their authority. If it be necessary to preserve sternness during the time of discipline, in order to gain the end in view, let sympathy follow close upon submission. Introduce a remark like "It's pretty hard work to remem-

ber everything, isn't it, dear?" or, "Baby feels like crying this morning, but he's going to be a brave boy and will not cry." Can any experience be more dreary than that of a child when it feels its mother's heart turned away from it? The world looks like a great barren expanse with no place to rest.—
K. Z.

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VOL. XVIII.

OCTOBER, 1902.

No. 215.

First Symptoms of the Contagious Diseases of Children.

An early recognition of contagious diseases being most important, we must become thoroughly acquainted with the symptoms by which they first manifest themselves. If it is known that a child has been exposed to contagion, a careful watchfulness must be exercised until the longest period of incubation of the particular disease has passed and the danger is thus known to be over. In many cases, however, there has been no knowledge of exposure, and the first intimation of trouble is the invasion of the disease. The following is a sufficiently full description of the manner of inception in the different diseases we are considering.

Scarlet Fever.

This disease starts suddenly, without any premonitory symptoms. The child may have a distinct chill or only complain of a general feeling of chilliness. The beginning fever in the course of a few hours becomes pretty high, rising to 102, 103, 104 degrees Fahr. Severe headache, thirst, and a flushed appearance of the skin usually accompany the fever. Vomiting is an important early symptom, as it is

present in a majority of cases. When this initial symptom is severe and persistent the disease will probably be of a grave type. Shortly after the commencement of the fever the mucous membrane of the mouth and throat becomes red and inflamed. The tongue is somewhat coated, and the little papillæ that stud its surface, by their raised, red appearance, give rise to the so-called strawberry tongue. The tonsils are enlarged and inflamed. The rash comes out first upon the neck and shoulders in from six to eighteen hours after the inception of the disease. It consists of numberless very minute red points, presenting an appearance that has been likened to a boiled lobster.

Measles.

We do not see with this disease such a sudden and severe invasion as in scarlet fever. The trouble begins with symptoms due to a general inflammation of the upper air passages, as in a cold in the head. There is rather more suffusion of the eyes, however, than is seen in the purely local trouble, and they likewise have a watery look. Sneezing is very com-

mon. A cough soon develops that may be croupy at the start; it is hardest when the rash comes out. Vomiting is not nearly so common as in scarlet fever, but there may be a dull pain in the region of the stomach. Complaint is usually made of headache. The fever does not at once become high, but assumes a remittent type, attaining its greatest elevation with the appearance of the rash. The eruption comes out about four days after the beginning of the fever, and is first noticed upon the forehead, neck, and face, thence spreading down to the rest of the body. Raised, red papules tending to cluster in groups, with clear skin between, and imparting a roughened feeling to the finger lightly drawn over the skin, constitute the characteristics of the rash of measles. Sometimes the papules coalesce in areas, forming a continuous rash over a certain extent of surface, but there is always some clear skin beyond these patches with the regular isolated papules. In scarlet fever the rash is diffuse and continuous, being uninterrupted in its extent by any clear skin.

Diphtheria.

The early symptoms of diphtheria are frequently insidious and out of all proportion to the gravity of the attack. Some cases that have a mild beginning may have a grave ending, and vice versa. A general feeling of chilliness is experienced, followed by a fever that is not usually very high. At the same time there is headache, with pains through the back and limbs. The first sensations referred to the throat are more or less pain, with

a feeling of fulness. On examining the throat a false membrane is seen, most commonly upon the tonsils, although it may spread up into the nose or down into the windpipe. In appearance the false membrane is grayish white, firmly attached and very slightly raised above the mucous membrane; if an attempt is made to forcibly remove it, a bleeding, lacerated surface is left behind, upon which new false membrane quickly appears. It is important to distinguish between diphtheria and simple inflammation of the tonsils with a whitish exudation. In the latter case there are little separate white points covering the tonsils that can be easily scraped off. This is not at all a serious affection, although the fever is usually higher than in diphtheria, and the constitutional symptoms may be quite marked. The diphtheritic membrane is continuous in extent and does not have the appearance of numerous disconnected points. Sometimes children complain very little of pain in the throat, although the false membrane may be extremely abundant. We have seen cases of malignant diphtheria followed quickly by death where there was very little complaint of local discomfort. In all cases where children are ill with vague symptoms, a careful examination of the throat should be made. Walking cases of diphtheria are constantly seen which are not only in danger of grave complications, but spread the disease widely.

Small-Pox.

The form of this disease now often seen is known as varioloid, a milder type brought about by a previous vac-

cination. Chills and a fever usher in the trouble. Marked nervous disturbances, shown by severe frontal headache, intense pain in the small of the back, and a feeling of drowsiness, are experienced. Nausea and vomiting, with a coated tongue, point to a good deal of irritation of the stomach. If the preliminary symptoms are very severe the confluent rash, marking a grave type of the disease, may be predicted. Sometimes during the initial stage patches of redness appear upon the skin, bearing some resemblance to the rash of scarlet fever. These patches are seen most frequently upon the second day, but disappear in a few hours. The regular rash comes out usually on the third day, when there is a marked remission of the fever. The eruption appears first about the lips and chin—sometimes also upon the neck and wrists—thence spreading over the face and scalp and down through the body. It takes from one to three days to be diffused over the whole body.

Little red spots first appear, the centre of which soon becomes hardened and raised, forming small papules which are painful and feel under the finger like shot. Some clear liquid collects at the top of these papules in about twenty-four hours and forms the structures known as vesicles. These vesicles become "umbilicated," or depressed in the centre, and by the fifth day attain their full size, being circular and seated upon a hard, inflamed base. The so-called pustules are now formed by the contents of the vesicles becoming turbid and losing the umbilicated shape. With the pus-

tules a severe secondary fever develops, and the irritation of the skin is extreme. In from four to five days the pustules begin to dry and form "scabs" that are thrown off, frequently leaving a pitting of the skin behind.

Chicken-Pox.

This is the mildest of the contagious diseases, and begins with a slight fever, with which may be conjoined some headache and a slight chilly feeling. A few hours after the onset of the fever the rash appears on the trunk and head, thence spreading quickly to the limbs. At first it consists of small red spots which soon become vesicles, looking like little blisters situated upon a slightly reddened base. These vesicles vary in size from a pin-head to a split pea, and appear in successive crops, any given area of skin showing them in all stages of growth. An individual vesicle reaches its full development by the second day, when its contents are almost transparent. The liquid then becomes turbid and drying commences. Thin, dry scales are formed by the fifth day and soon drop off. Very little discomfort is caused by the eruption, except some itching of the skin. Vesicles are frequently seen upon the mucous membrane of the mouth and throat at the same time that they are present upon the surface of the body.

Distinction between Small-Pox and Chicken-Pox.

It is extremely important to be able to distinguish between these two affections, as chicken-pox and mild small-pox are not infrequently in danger of being confused. In small-pox the invasion lasts two or three days and is

severe. The red spots of the rash soon become hard, shot-like points which change into little blisters with depressed centres and pustules, the latter not being developed until about the twelfth day of the disease, and are accompanied by a severe inflammation of the skin. The rash usually appears first upon the forehead, chin, and wrists. In chicken-pox the eruption appears almost simultaneously with the mild fever that initiates the disease. Little blisters are formed in a few hours, which dry and disappear by the fifth day. These vesicles never develop into pustules, and appear in successive crops, which is characteristic of the disease. The rash first appears upon the face, scalp, and upper part of the body. The vesicles are rarely depressed and do not usually leave a pitting of the skin.

Whooping-Cough.

The first stage of whooping-cough presents symptoms of a catarrh of the upper air-passages and bronchitis, which has nothing to distinguish it from an ordinary inflammation of these parts. There is sneezing, with some suffusion of the eyes and running at the nose, but less than is seen with measles. The cough is accompanied by very little, if any, expectoration. After these symptoms have lasted from one to two weeks, it is noticed that the cough becomes severer and assumes a spasmodic character. The cough is worse at night, and whenever the child becomes excited from any cause. It takes place entirely in paroxysms, between which the child is perfectly well in uncomplicated cases.

A paroxysm begins with a tickling sensation or a feeling of constriction in the throat. It consists of a series of expirations which expel much of the air in the lungs, followed by a quick inspiration that produces the sound known as the "whoop." The paroxysm frequently ends in vomiting of food and frothy mucus from the bronchial tubes. When children begin to vomit in connection with fits of coughing, we can be suspicious of whooping-cough. During a paroxysm the face becomes flushed and swollen, and in severe cases there may be bleeding at the nose. The duration of a paroxysm is from a quarter of a minute to a minute. When it comes on, the child throws away its toys and runs to its mother or nurse, as if for protection.

Mumps

The first symptom of mumps is apt to be a soreness in the neck, particularly under the ear. This develops suddenly and is soon followed by a marked swelling. The lobule of the ear is pressed outward by this swelling, which likewise extends forward upon the cheek. It has a firm, slightly elastic feeling. Movement of the jaw causes pain. There is more or less fever, not usually lasting longer than two days. The swelling subsides from the sixth to the tenth day. The disease generally commences on the left side, and in a few days invades the right side. The parotid gland is the structure involved in the inflammation. If only one side is affected at a given time, the opposite gland may be the cause of a subsequent attack of the disease.

The Child's Bath in Health and Illness.

I.

It would seem unnecessary to say that the child's bath in health is, with rare exceptions, simply intended for toilet purposes. But the frequency of the inquiries which reach *BABYHOOD* as to its details, how long it should be continued, when discontinued as a regular thing, etc., certainly suggests that in the minds of the inquirers the bath had some further purpose or meaning. Of course an intelligent attention to toilet becomes a potent hygienic aid; but it should not be carried out as a blind routine. Tidiness being the only purpose of the bath, it is not important in itself just how the bath is given. For instance, *BABYHOOD* has frequently insisted that the immersion of the infant is not necessarily a part of a bath, only a convenient accessory. The usual method, we presume, is this: to quickly sponge the child's face, neck, armpits, groin, and seat—in short, all parts which by reason of folds of skin are likely to harbor the accumulations of skin secretions or any other undesirable matters—and then to place the child, with its head supported, in a bath, containing enough water to cover its body, simply long enough to rinse off the surface. This rinsing may be easily accomplished in from half a minute to a minute, and the child is at once lifted out and enveloped in a bath-blanket on the bather's knees, and dried partly in it and partly with a soft towel, the skin, of course, being treated with the greatest gentleness.

This is simple enough, and for a

well child good enough; but under various circumstances it is advisable to vary the routine. The sponging, at least of the face and neck and of the parts covered by a child's napkin, can hardly be dispensed with unless in cases of extreme weakness. In such cases, by previously anointing the skin creases with vaseline, the skin can be wiped pretty clean with absorbent cotton or a soft cloth, only a part of the body being uncovered at once. The latter precaution (of uncovering part by part) also saves fatigue and chill if employed when a bath is used. Again, the sponging may be made as brief as is consistent with cleanliness when the child is of the nervous and impatient variety that "hates to be fussed over," or when, as sometimes happens from various maladies, the child is sensitive to handling.

The bath for immersion should have a temperature not far from that of the body (98.6 degrees F.)—say 100 degrees F. If sponging alone is employed 90 to 95 degrees will be warm enough for a strong baby. The bath thermometer, set in a stout wooden frame for security, is a very great convenience, but if it is not at hand the most accurate ready method we know of is that sometimes employed by nurses, of immersing the elbow of the bared arm in the water. The elbow is much more sensitive to heat and cold than the hand, which is accustomed to changes of temperature. When the temperature is carefully arranged and the immersion is very

brief it can hardly injure any child. If the water is too cold or too hot it may prove exhausting, especially if the rinsing be too long, or if the shock alarms the child. If a child is feeble of course extra precautions should be taken, and the immersion may be omitted altogether and sponging with the careful drying, part by part, before alluded to may be substituted.

Is It for Babies Only?

A question often heard is: "When ought the daily bath to be stopped, and is it not weakening if continued?" As to the weakening, answer has already been made to the effect that, inasmuch as the child is, or should be, continually growing stronger, it is hard to see why a bath that is generally considered desirable from birth to six months should be injurious at twelve months. As to the discontinuance of the daily bath, there seems to be but one answer. If the position taken, that the bath is for toilet only, and beneficial only because cleanliness is wholesome, is a sound one, then it follows that the bath is always useful in health; but it may be diminished, if convenience demands it, in proportion as the child loses something of the infantile sensitiveness to skin irritation and as it gains in sense as regards keeping itself tidy; or, to be specific, when it no longer soils or wets its napkins and no longer soils itself or its clothing with saliva, rejected food, or the like. But granted good health, it is hard to see any reason why a bath, properly given, should not be useful throughout childhood as well as in infancy and adult life. And this is said without any of that fetich-

worship that makes the daily bath a religious duty irrespective of health or circumstances. It would surprise many of our readers to know how recent is the general use of daily bathing; and if we rightly interpret some remarks in a medical work of about the beginning of this century, babies were not usually bathed after the first washing that followed their birth.

When, however, it is said that the bath may be indefinitely continued, it is not intended that the bath should always have the same temperature or duration. It is assumed that a bath is given to a child always in a well-warmed room, or near a fire, with the draughts effectually shut off. Under such circumstances, if the baby be well, after a few weeks or months its sponge-bath may gradually be reduced in temperature; and if the feet be kept quite warm, either by the fire or by immersion in warm water, quite cool water may be safely used after a few months. This cooling must not be carried to excess nor be too sudden, but should go on, little by little, its effects being constantly noted with care; and there is no need of haste in reducing the temperature, especially in cold weather. The suggestions, later on, as to baths in sickness will be a guide as to the degree of cooling of the water that is advisable for bathing a well child.

Various Baths.

Before speaking of the use of baths in sickness, it will be well to mention that the descriptive terms "hot," "cold," "warm," etc., have, to medical men, a definite signification as to temperature which should be borne in

mind, because errors arise from the physician presuming that the mother understands exactly what is meant. It is far safer that the temperature desired should be specified. Technically, baths have been divided into hot, warm, tepid, temperate, cool, and cold; but in this country some of these terms are rarely used, and the others are made to cover a correspondingly wider range. Thus the *cold* bath is any bath having a temperature below 70 degrees F.; anything below 50 degrees being sometimes called, for distinction's sake,

very cold. The *tepid* bath ranges from 85 to 95 degrees, the *warm* bath from 95 to about 102 degrees, and the *hot* bath from 102 to 110 degrees. These temperatures vary from the strict figures of continental works, but are near the usual ones of this country. The interval between the tepid and the cold baths—i.e., from 70 to 85 degrees—corresponds nearly with the *temperate* bath of the French books, and is the bath generally used by adults for toilet purposes, although strong persons often prefer cooler water.



The Poultice, Mustard Plaster, and Blister.

It is to be regretted that so few mothers, however efficient they may be in other things, can pride themselves on their ability to make a poultice well, and no one is more painfully cognizant of this fact than the physician.

Moist heat is one of our most valuable remedial agents, capable of doing a great deal of good when properly used. It is useful in combating acute inflammation, and this it will do **very** effectively when applied early; employed at a later stage it hastens suppuration, an illustration of which we see when we apply a poultice to a boil to "draw it to a head." As an anodyne it is very beneficial, especially when the pain is of an inflammatory

nature. It is also serviceable in certain forms of skin disease where the integument is to be softened or crusts removed.

The object of the poultice is the application of moist heat to the part affected. In making it we should select some bland, innocuous substance which has the property of retaining heat for some time. Of the numerous materials at our disposal flaxseed or linseed meal stands first, on account of its non-irritating qualities, because it contains considerable oil, which, as every one is aware, possesses great heat-retaining properties, and by reason of its cheapness and the readiness with which it may be obtained. In-

dian meal, bread, starch, and ground slippery elm are also commonly used.

How to Make a Poultice.

In making a poultice, see that it is a large one—small ones do little or no good—from half an inch to an inch thick, the thicker the better, applied as hot as can be borne, and renewed as soon as it becomes cool. If covered with a piece of oil-silk, flannel, or thin rubber cloth it will hold the heat longer and necessitate a less frequent renewal. The vessel in which the meal is to be mixed should be clean. Pour in the requisite quantity of boiling water, then add the flaxseed meal slowly, stirring continually with a large spoon to prevent the formation of lumps, until it becomes stiff enough not to run freely. It should then be spread between two layers of old muslin and the edges folded over so as to avoid soiling the part to which it is applied. As there is no virtue in the material itself of which the poultice is made, it is not essential that it should be placed directly in contact with the skin.

In pneumonia of children a very important part of the treatment with most physicians is poulticing the chest; and, as this disease is quite prevalent during the winter months, it is right that every mother should be familiar with the manner of doing it. In the case of a child from one to three years old about a pound of flaxseed meal should be used in each poultice. Take a piece of muslin or a large towel long enough to go all around the patient's chest, and of sufficient width when folded on itself to extend from the collar bone to a few inches below the lower end of the breast bone. The meal, after being properly mixed,

should be spread evenly over one entire half, lengthwise, of the cloth, which should then be folded over and placed around the chest with the open edge upward and fastened behind; to prevent it from slipping down, which it is liable to do if the child is at all restless, it should be secured by a tape passing over each shoulder.

How to Apply It.

This poultice should be put on as hot as the mother or nurse can tolerate it against her cheek, covered with oil-silk or flannel, and renewed every five or six hours. When the cool poultice is to be removed have a fresh one ready for immediate application. Parents sometimes object to such large poultices, under the erroneous belief that, by reason of their weight, they will interfere with the child's respiration. We have had occasion to use them a great many times, and fail to recall a single instance in which the little patient suffered the least inconvenience in that respect. Under certain circumstances it is desirable to produce a slight reddening of the skin; to obtain which, from a half-teaspoonful to two teaspoonfuls of mustard or cayenne pepper is to be mixed in with the meal, according to the size of the poultice and the sensitiveness of the skin. Very blonde persons bear less than dark ones, as a rule. Laudanum should never be sprinkled on the surface of a poultice unless under the direction of the physician, for children are peculiarly susceptible to the poisonous effects of this powerful drug. If a poultice is to be placed on the abdomen, as in inflammation of the bowels, see that it is large enough to cover the whole abdominal region.

Various Poultices.

A bread poultice may be made by soaking a muslin bag filled with bread crumbs in boiling water for a few moments, and then squeezing it gently between towels or two boards until it does not drip. This kind of a poultice retains neither heat nor moisture so well as one of flaxseed.

The charcoal poultice is useful in foul and sloughing sores, and is prepared by incorporating some powdered charcoal into a flaxseed, Indian meal, or bread poultice, and then sprinkling its surface with more charcoal.

When for some reason it is inconvenient or impossible to make a poultice, flannel cloths loosely wrung out of very hot water may be substituted; but to be of any material benefit it will be necessary to reapply them every few minutes.

Peculiarities of the Mustard Plaster.

In the sinapism, or mustard plaster, we have an agent by which may be produced all grades of irritation, from a slight redness up to a severe blister. A blister caused by mustard is very painful and sore, and difficult to heal; consequently mustard should never be employed for this purpose. A mustard plaster for a child should be made of white, in preference to black, mustard, as the latter has nearly twice the strength of the former. For a patient between one and three years old one part mustard and two parts Indian meal or flour are to be mixed with lukewarm water, care being taken not to make it too thin, and spread between two folds of thin muslin, as a poultice is spread, only in a very much thinner layer. This may be allowed to remain on from fifteen to thirty

minutes, or until the skin is reddened or the child complains of its burning. Under one year the proportions should be one of mustard to three or four of flour, and in children over three years equal parts may be used. Never apply the mustard directly to the skin, as some of it may escape being washed off and give rise to a blister. Of late years mustard paper has been employed quite extensively. This consists of black mustard mixed with a solution of gutta-percha and spread on pieces of stiff paper about four inches square, which, when moistened, are ready for use. These sinapisms are very convenient for travellers, but their action is often rather severe, and they are not to be recommended for children.

The Blister.

It is occasionally necessary to resort to severe counter-irritation, as in blistering, and the only substance that should ever be used for this purpose is cantharides, popularly known as Spanish-fly. The preparation most commonly used is cantharides cerate spread upon a piece of sticking plaster, of the desired size and shape, in such a manner as to leave a margin of about an inch in width, which shall adhere to the skin and keep the plaster in place. A "blistering paper," or cantharides paper, obtainable at any druggist's, is more elegant than the plaster, and quite as efficient; its surface should be slightly warmed before it is put on. Usually a blister may be left on some eight hours to have it "draw" thoroughly. In children it is safer to allow it to remain on but six hours, and replace it with a flaxseed or bread poultice. After the blister is

well formed it is to be snipped at its most dependent part with a pair of sharp-pointed scissors, in order to let the fluid drain off, and then dressed twice a day with some mild ointment, as zinc ointment, cold cream, vaseline, or pure lard. If the patient be delirious or unruly it may become advisable to put on the blistering material in such a way that the child cannot disturb it. To accomplish this the cantharidal collodion, or "blistering fluid," is available. It is ordinary collodion impreg-

nated with cantharides, and leaves a thin, vesicatory film on evaporation; two or three coats of it should be applied by means of a camel's-hair brush, and in six hours covered with a poultice. One danger attending the application of a fly-blister is that it now and then causes strangury, or difficult urination. When symptoms of this complication appear the doctor must be immediately consulted. As a rule recourse to blistering ought only to be had when ordered by the physician.



Hints in Feeding.

I.

The weaning time is the period of childhood which is perhaps the most difficult to manage. The child is ten months to a year old. He has, say, six teeth, and he is anxious to use them. He will gnaw greedily upon a crust of bread, and in other ways show that he enjoys solid food. Nature herself indicates that the time for an exclusive diet of milk is past. If we seek for reasons why that perfect food, milk, is no longer sufficient, we may find at least one or two. The first reason is that so great a quantity is required to satisfy the child's hunger. We have in mind a child of twenty months, still on liquid food, who takes a pint of milk at each feeding. One result of such a big drink as this is over-distension of the stomach. To encourage over-distension of the stomach is al-

ways a mistake, as the organ loses its tonicity and is apt to remain large and flabby. From this we may have retention of particles of food from one meal to another, and their consequent fermentation, dyspepsia, and other evils. Another result is habitual gluttony. The stomach must be comfortably full for the individual to feel satisfied. In an abnormally distended stomach the appetite will be developed out of proportion to the body's needs. The dirt eater of South America, having but a scanty diet, fills himself up on clay in order to satisfy his hunger. The beer drinker fills himself up on beer, some men consuming, it is said, as much as a keg a day. The mainspring of this thirst is not need of beer, but the necessity for filling up an enormous pouch which has taken the place of the

stomach. We may encourage "pot-bellied" children by similar means.

Another result of an exclusively fluid diet is the overloading of the heart and consequent inefficiency of that organ. The child shows this inefficiency upon ordinary occasions in pallor and general flabbiness. Let him be attacked by an acute illness and he will show it in still other ways. Some one may not understand how this overburdening of the heart comes about. The fluid passes into the blood and largely increases its volume. The heart has then more work in propelling this mass of blood about the body. There is no advantage in an excess of watery blood. Again, excess of fluids in the diet increases the work of the kidneys. How often has the mother of a bottle-fed child said to me, "My baby is always wet. So-and-so's baby is different." It looks as though we habitually overfed our bottle babies; too many are given food in quantities which are greater than those which the breast-fed baby receives. The effect of forcing a surplus of water through the kidneys week after week, day after day, and night after night, has not yet been worked out, as physicians have recently directed their attention to the matter. It cannot, however, be said to be an admirable plan of procedure.

Here, then, are a few reasons why we substitute solid for liquid food with the appearance of the teeth: (1) In order to preserve the healthy contour of the stomach and protect its muscular structure from undue strain. (2) To supply a more or less concentrated diet, so as to sufficiently nourish the child without at the same time overburden-

ing the heart and kidneys with the work of getting rid of the great quantities of water which would accompany the same nourishment in milk.

The baby is then ten months, a year, or eighteen months old, and, guided by the appearance of the teeth, the child is to be introduced to solid food. The critical moment is at hand. Shall the transition be judiciously or injudiciously managed? Among our tenement-house people the child is taken directly to the table and is given pickles, beans, cabbage, tea and coffee—"everything which we have." Now, variety may be the spice of life, but spice is an acquired taste; it is not inherent; it has no basis in the body's needs. Variety in food is not essential to health. Look upon our four-footed friends and glance over the simplicity of their menu. In the summer it is grass; in the winter it is dried grass, with, as a stimulant, a few oats thrown in, and a turnip, a carrot, or an apple for dessert. Look at the strength of the ox, the fine organization of the horse. You may reply, however, that only a very fine animal can make good bone and muscle out of such unpromising materials. That is true. Among men, too, the quality of the animal varies. Some men can keep in good condition on a beggar's rations, while others are unequal to nourishing themselves upon any diet. A good deal of this ability is, of course, inherited; but considerable remains to us in the way of starting aright and keeping the machine in order. The stomach and liver are more particularly, perhaps, under our control.

Much of the food upon our tables is

unsuited to ourselves and is still less suited to a child's needs. We had better, then, not bring the baby to the table when he first begins to eat solid food. We had better give to him his simple little meal by himself apart. As we have already remarked, the programme does not need to be extensive. A family of six little ones, ranging like steps between three and twelve years, all had the measles together, and, being quite sick and unwilling to eat, all were put upon a milk diet. Upon the third or fourth day, however, while still very much spotted and blinking, they began to ask for "something to eat." The doctor said, "What do you want?" expecting to be called upon to be very severe in his discrimination as to what would be a suitable food. To his surprise they all, with one accord, answered, "Oatmeal." They had been brought up upon it. It meant to them candy and all of the delicacies for which most children have acquired a taste.

Ways of Preparing Oatmeal Porridge.

A staple article of diet during the transition period may be oatmeal.

To make oatmeal porridge properly it is necessary to have a double porridge kettle. The inner kettle should be porcelain-lined. Rolled or crushed oats should be always preferred to oat-

meal, as a purer article is usually obtained. These rolled oats sell under various names. The steam-cooked and other partially cooked oats are to be avoided, as they are somewhat apt to become sour.

Stir four teaspoonfuls of the rolled or crushed oats into as much as two tumblerfuls of boiling water. Add one-fourth teaspoonful of salt, pour boiling water into your outer kettle, and place over a slow fire. Stir the porridge once or twice and boil for one hour. Strain the porridge then through a coarse sieve and place it in cups or moulds to cool. Serve it with sugar and milk to which has been added a little extra cream.

Nothing can be made which is more delicately palatable than this porridge.

Another method which obviates the necessity for straining is as follows:

Pound one-half cup of oatmeal until it is mealy; put it into a tumbler with cold water, stir well, and then let it settle, afterward pouring the mealy water off into a saucepan; fill the cup again, and again pour off the water carefully so as not to disturb the sediment in the bottom of the tumbler; boil the water twenty minutes and add one saltspoon of salt. Serve with cream or milk. R. T. A.

The Healthy Woman.

Readers of *BABYHOOD* will be particularly interested in a book on "The Healthy Woman," just published by the Contemporary Publishing Co., New York. The author, Dr. Wm. E. Leonard, Professor of Materia

Medica and Therapeutics in the University of Minnesota, an authority of the highest standing, has compressed into this book much of what every intelligent woman ought to know concerning the development of healthy

womanhood and motherhood. The author discusses his subject with frankness, yet with the greatest delicacy, and his views will commend themselves alike to those who look for enlightenment as to matters pertaining to physical well-being, and those who welcome suggestions from a wise counsellor concerning such topics as "Moral Training," "Religious Instruction," and "Household Duties." It is a book which will be found suggestive and helpful in many ways. We quote from a chapter on the relation between good morals and sound health:

"Because of their sex, the persons of little girls, even from infancy, should be more carefully handled than those of boys. Parents should themselves be more gentle in handling them and should insist upon the same gentleness upon the part of all members of the family. One reason for this is that the muscles and bones of a little girl, even a strong healthy one, are softer and more tender than those of the average boy of the same age. But that is not all. If a girl is thus early taught to receive the personal consideration she is entitled to, she will not too soon fall into wrong habits in regard to the expressions of affection which invariably come later in life.

"Infants of either sex are kissed too much and too promiscuously. Many persons indulge in this outburst of natural affection without reflecting that it is possible to greatly disturb the little one physically, interfere seriously with her sleep or digestion, and perhaps convey to her more sensitive membranes the germs of dangerous or even fatal disease.

"When kissing and caressing be-

come expressions of affection after maturity, their indulgence has a moral bearing. The innocent young girl, because she is such, is not a proper target for these formal evidences of regard and esteem. She should not be kissed at any and all times, and has a right to resent such attentions."

Concerning the value of exercise, Dr. Leonard remarks:

"Montaigne says: 'Tis not a soul, 'tis not a body we are training, but a man, and we must not divide him'; and the great Frenchman evidently meant to include the healthy woman also in this aphorism. There should always be a happy mean between mental and physical culture, neither too much of the one nor too little of the other. If a woman would live to be of great use in the world, to bless her children and her children's children, she must so order her bodily training that it may not fall behind the mental. The finest mental development, with very few exceptions, is never of full value, nor leads to complete success, without bodily vigor. Sound physical health enables a woman to work with vim and freshness, to pass unharmed her necessary periods of great pressure, to withstand worry, and even actually be entirely freed from it, and to preserve equanimity of mind and be able to always press forward when others fall exhausted by the way. Such a life is the birthright of every woman if she has a fair inheritance and gains help and knowledge at the right time in training the body and keeping it in good health.

"All healthy bodies need exercise. Muscles grow only by exercise, *i. e.*, simple use. Those that are unused

waste, and become flabby and finally useless, as every one has observed to a degree after a few weeks' lying in bed for any reason, even without wasting fever or disease.

"The popular idea of muscular exercise is development of the muscles of the limbs, but physiologists know that true exercise involves the muscles of the heart and arteries, those of breathing, and of all parts capable of movement; and with such general muscular exercise goes necessarily activity of the whole system and especially the organs of secretion and excretion, that is, chiefly, the skin and kidneys. A noted physiologist has also demonstrated that the most marked influence of physical exercise is upon the nerve centres, because in every bodily movement of a composite nature the centres of the brain and cord work to secure the result and are exercised at the same time.

"Abundant statistics show that in both men and women strength of body and mind certainly work together for mutual advantage. A certain amount of general exercise is strictly essential to life; indeed, undue rest means rust or decay, and continued absolute physical rest nothing but death. Physical perfection is never artificially attained, but each tissue must be systematically built up by proper and accurate exercise. To learn how this may be done, or how the various occupations and pleasures of life may be safely turned to a woman's physical advantage, is the object of this chapter."

We can only make room for a brief extract from Dr. Leonard's interesting chapter on "Marriage and Motherhood":

"Society is so complex, and woman has had opened to her so many new channels of usefulness and activity in this complex society, that she does not now at first turn to marriage as a necessity to her support, but more often, for years at least, essays the problem of existence almost unaided.

"We have come to look upon this as entirely proper and usual, yet the fabric of society would entirely fall to the ground were it not for the 'ancient and honorable state of matrimony.' Marriage is still, and ever will be, the best state for most women as well as men.

"The first requisite of a proper husband for the healthy woman is not brains, culture, or money, although all these are desirable, but health. Without health all the rest that could be catalogued as needed qualities are without worth and of no avail. As the man most assuredly seeks to ascertain something of the physical inheritance of the woman whom he would make the mother of his children, so the woman has a right to know something of the physical history of the man who is to be the father of her children.

"Some physicians and philosophers have earnestly proposed that these matters of health should be regulated by law, examinations being held before marriage and certificates issued thereon, and that those of certain inheritance and physical defects should, for the good of society in general, be positively forbidden to marry. This is, to an extent quite startling to Americans, carried out by the marriage laws of France, but will probably never be generally adopted in the present state

of society. As education spreads and intelligence on such matters increases, each one for himself or herself will learn to wisely decide these matters. If young women were individually thus exacting, the race would soon improve, and certain social sins be quite thoroughly rebuked, if not entirely checked.

"The young healthy woman should insist upon a mate somewhat near her own age, for the sake of the children and for her own comfort later in life. Great disparity of age reacts finally upon both parties to the marriage contract, and especially upon the children. The children of healthy young people are born with a vigor and resistance to disease not commonly found in those of older parents. Children born to pa-

rents over twenty and under thirty-five, as far as definite limits of age can be laid down, are of this sort.

"The desirability of the inter-marriage of near relatives, such as first cousins, is a much-disputed subject among physicians and scientists, but is generally forbidden by popular opinion. It is certain that a family defect is undoubtedly made more marked in the offspring of such marriages, and that such a defect is less likely to be transmitted if one parent comes of a distinct and possibly stronger stock."

Prof. Leonard's book will commend itself to a wide audience, eager for information upon subjects not hitherto discussed, in a popular fashion, by a medical authority of equal weight.

Baby's Wardrobe.

Playing-Apron.

An apron, made of gray linen, is an excellent protection for the little ones' dresses while at play, and a large pocket across the front forms a most convenient receptacle for jackstones, marbles, buttons, and the numberless other objects which serve as playthings. It is cut in one piece, carried quite around the skirt of the dress, and can be shaped after a well-fitting, deep collar around the neck to insure a good fit. It is closed at the back of the neck with buttons and buttonholes, and at the back of the skirt by strings of the linen about two inches wide. Bind the neck and outside of apron and pocket with red woollen braid—which should be shrunk before using—and add a row of stitching all around as further

ornamentation. The pocket is decorated in outline stitch with fancy vines and Kate Greenaway figures. F.

The Washing of Flannels.

Few people know how to wash flannel so that it may retain its good qualities. The following recipe I have used for eight years and can testify to its value. I have never had a piece of flannel shrunken; my children wear all flannel; nightgowns, dresses and underwear. all such articles are washed; even Baby's white basket-cloth cloak goes through the wash without injury.

Take two bars of Ivory soap, shave them up and dissolve in $4\frac{1}{2}$ gallons of soft water—I put it on the stove and boil it to hasten the process—turn into a five-gallon crock, add two ounces of powdered borax, a handful

of sal-soda, and enough ammonia to make it smell strongly; cover and set it away; when cool it ought to be of the consistency of soft soap.

Now, to wash the flannel clothing have some clear, warm, soft water in a tub; put in enough of the soap to make a suds, wash one article at a time, rinse in *clear, soft, warm* water, and hang up to dry at once. Flannels should never lie wet, and should never be allowed to freeze dry. In winter flannels are washed after all the other clothes are out of the way, and hung on a line in the kitchen to dry. In summer they are washed first and hung in the sun. They must never be put in water which other clothes have been in, but in clear, soft water.

I have always found trouble, in changing servants, to induce them to adopt my method at first; but I insist upon it, and will not keep a servant unless she will conform to my way. After the novelty wears off there is no further trouble, and my children have the comfort of warm garments which until they are worn out are never made stiff and uncomfortable. I have found it most economical to buy a good quality of flannel, and never buy the twilled flannel; the silk and wool is nice for a "summer baby," but I don't think it has the warmth of the pure all-wool.

C.

Night-Drawers.

Among the numerous patterns of warm night-clothing for children giv-

en in BABYHOOD, I have seen none as simple and easy to make as the drawers which my little boy has worn since he was a year old. To make the garment, take one-and-a-half yards of cotton flannel, fold down the centre lengthwise, and cut with the folded side for the front. Turn under the selvedge edges for a hem, or face them, and close with buttonholes and *flat* pearl buttons. Finish the neck with a wide, straight band like a standing collar, cut this band twelve and a half inches long, and gather the neck slightly or hold it full in sewing it on. The sleeve is the ordinary coat-sleeve, cut on a fold of the goods to avoid the seam in front. Finish with a side-facing stitched on the right side to look like a cuff. Put this facing on before closing the seam, and it is no more trouble than a hem, and will not roll up, leaving the little arms exposed.

Close the seam of the leg as high as the hem in the back; bind or face the remaining front with tape. For a child that is young enough to require a change of diapers at night, finish the top of the legs and the front with a gusset; this gives ample room, when the lower button in the back is unfastened, to slip the feet out.

I do not claim much beauty for this little garment, though that is easily added in the shape of trimming, if deemed necessary; but it is warm and comfortable, and very easily and quickly made.

S. G.



Nursery Problems.

Holding the Breath.

To the Editor of BABYHOOD:

My little girl, eighteen months old, has always been a very sweet-tempered child, but within the last few weeks she has acquired the distressing habit of holding her breath. At first only a fall or fright would cause her to do so, but within a few days when angry she has taken the same method of showing her anger. She begins by screaming, turns pale in the face, her body becomes perfectly rigid, and after holding it some moments her eyes become fixed, her body perfectly limber; and from all appearances one would certainly think she had spasms. It is the most distressing sight I have ever seen! After regaining her breath she seems frightened and completely exhausted. She has been quite a healthy child, although very delicate-looking, and quite backward in teething, having at present only ten teeth. My friends all advise some good punishment in order to break her of this habit; but how can I when I suddenly see the little one prostrated before me?

Can BABYHOOD furnish me any method of curing her? And is there any danger connected with these attacks?

St. Paul, Minn.

L. A.

The ordinary "holding-the-breath spells" are not at all dangerous from a physical standpoint. The apparent exhaustion is mainly emotional, and the "spell" is generally employed by children to enforce their demands upon timid parents. As to cure: First, see if there is any disease connected with the "spells"—that is, if they are dependent upon disordered digestion, or any other derangement; for, as every one knows, slight indispositions favor, although they do not excuse, irritability of temper and undue manifestations of it. If such a cause is

found, treat it. And sometimes, indeed, with a child it is useful to treat the fits of anger as if they were ailments, and put the child to bed. The cause and effect are quickly associated, and the fits of anger moderated. As to punishment, it is not necessary to resort to anything severe. Generally, so far as we have observed, if the fit is ignored and the child not petted or yielded to, it soon abandons the habit as unprofitable. In severe cases the fit may be interrupted, like an hysterical fit or a fainting fit, by a dash of cold water in the face.

Nævus, or "Mothers' Marks"; Trouble from Wind; Discharge from Ear; Rheumatic Pains.

To the Editor of BABYHOOD:

(1) When my now five-months-old boy was about one month old, I noticed on the left breast, just above the nipple, what seemed to be a black-and-blue spot about as large as the end of my finger. In a day or two there appeared in this spot two tiny red spots, like pin-pricks, and these have grown until now they are a little larger than rape-seed, are blood-red in color, and stand out on the surface like blisters. The bluish appearance still continues, and that side of his breast seems somewhat swollen. It seems not to cause him any pain, as he never cries when I touch it, though he wriggles away as if he preferred I should let it alone. Our doctor advised me to let it alone; but it does not disappear, and the spots gradually increase in size. Can you tell me if there is anything it would be well to apply?

(2) The child is generally vigorous and healthy, though until he was three months old he had some trouble of the heart, which caused, at times, a very mottled appearance of his body. He would also turn very blue at times. But he appears to have entirely outgrown that.

(3) He has been bottle-fed since the first two weeks, and thrives on it, his only trouble being wind, which causes him to throw up his milk a good deal; but my other two children were both troubled in the same way. He weighs seventeen and one-half pounds and seems very strong, stands and springs on his feet very vigorously, when allowed to do so, and can almost sit alone.

(4) He has one other trouble—a sore in one ear, which has discharged most of the time since he was six weeks old. He has taken some medicine for it, and once or twice it has stopped discharging for a day or two. I cannot discover that he suffers any pain from it. The discharge is thin, of a greenish color and very bad odor. I syringe the ear every morning with warm water, and would like to know if there is anything else I can do for it.

(5) My little girl, nearly three years old and very well usually, complains often of her knees aching, sometimes one and sometimes the other, and occasionally they will seem to give out under her and she falls, and will cry and say, "I can't walk, mamma," but in a short time she will be playing around again as well as ever. I have observed that it doesn't happen when she has been on her feet more than usual, but rather when she has taken a little cold. Do you think it can be rheumatism? I cannot find any swelling, and she is otherwise perfectly well.

Waynesburgh, Pa.

P. I.

(1 & 2) The trouble described seems undoubtedly to be what is known to physicians as *nævus*, which is a disease or peculiarity of the blood vessels of the part, and which constitutes one kind of what are popularly known as "mothers' marks." The tendency of the *nævus* to grow is well described by our correspondent. The chief danger lies in the ease with which the parts are injured, when serious bleeding may occur. The diseased vessels should be destroyed. Many methods

have been employed, but none gives so satisfactory results as the hot needle, either the simple heated needle or the electro-cautery. The hot needle gives small pain, and even the small amount may be prevented by the use of an anæsthetic, if the surgeon thinks the condition of the child's heart will permit its employment. The destruction should be thorough, and if the electric needle is used only one puncture of the skin need be made, the needle being moved around under the skin.

(3) Care in preparing and in administering his food, and moderation as to quantity, may relieve the trouble from wind.

(4) So long as the foul discharge continues you must continue syringing night and morning with a disinfecting wash—say a little boracic-acid water (teaspoonful to a pint of water) or carbolic-acid water (half-teaspoonful to pint, well mixed).

(5) Very probably the pain is of a neuralgic character, the cause of which may be rheumatic, but it may depend upon many other causes.

Long and Thick Hair as a Cause of Weakness; Punishment for a Disobedient Child.

To the Editor of BABYHOOD:

(1) My little girl of four-and-a-half has long, thick hair, and a great many people say that that is why she is not a very strong child, and that it should be cut. Our physician laughs at the idea. What does *BABYHOOD* say?

(2) This little girl is a nervous, rather precocious child, and I find it difficult to know how best to punish her. She is very disobedient, though I have made effort ever since she was born to teach her obedience. Rather than give up her own way, she will disobey without the slightest hesitation,

though she is quite well aware of the consequences. Can BABYHOOD suggest any mode of teaching her obedience?

Peckskill, N. Y.

M.

(1) BABYHOOD sides with the physician. Many weak children, as well as strong ones, have abundant hair; but the hair is not the cause of the weakness. Even if overgrowth of hair were a drain on the strength, nothing could be gained by cutting the hair, because the growth would not be lessened by the cutting.

(2) There is little in the way of advice of a specific nature that BABYHOOD can give. It believes that the method of governing must be planned for each child. Careful and loving study of the child's character is an essential to success, and the particular way in which the child is to be managed is to be the outgrowth of such study. A parent should bear in mind that obedience is not an end in itself; it is simply a means to the good of the governed. Military discipline is not for the benefit of the commander, but to make the army, in its time of need, the most powerful possible expression of the nation to which it belongs. Domestic discipline exists only for the general good, and is gradually relaxed as the development of the childish intelligence enables the child to appreciate its responsibilities and to govern itself. Parents often forget this. The wise parent will avoid unnecessary collisions of will between herself and the child; but if a collision is inevitable, she must not leave it doubtful who has been victorious. All of this frequently involves endless patience, self-control, and often self-

abnegation. But it has its reward. Every child, not absolutely mentally or morally hopeless from defect of birth, will show the effect of such care. Not all children can reach the same moral any more than the same intellectual plane, but all are helped by kind and conscientious care, even if the child be cleverer by nature than the caretaker. The method of guiding may vary greatly, but unnecessary crossing of a child's purpose is one of the poorest.

Wool for Undergarments.

To the Editor of BABYHOOD:

Will you be so kind as to give me some definite information in regard to clothing my baby, one-and-a-half years old? I have just read an article which protests against woollen undershirts for infants, and recommends linen or cotton or silk instead, as being less irritating to the sensitive skin. Alas! what is a mother to do when so many eminent physicians give diametrically opposed advice? My only appeal is BABYHOOD, in whose judgment I have so great confidence. Do be so kind as to tell me if you advise wool always, winter and summer; and particularly if you would advocate a double thickness over the chest, as in the Jaeger system (it seems to irritate my baby). I know that I myself would find the extra chest protection extremely annoying; and I should think such "coddling" would make Baby delicate.

Pendleton, Oreg.

I. R.

BABYHOOD does not think woollen irritating as a rule. It is a safeguard against chill which no other material equals. A garment wet with perspiration always invites a chill, and the irritation of the skin in summer is chiefly from the perspiration, which flows about equally whether the dress be of wool or linen. Linen may go under wool, but it cannot, in our judgment,

safely replace it. The value of the double thickness over the chest we believe to be chiefly to make good the spaces usually left in outer clothing in that situation; in a child's garment such necessity does not usually exist. In summer all woollen garments for children should be as thin as can be conveniently had.

The Midday Nap for Older Children.

To the Editor of BABYHOOD:

Will BABYHOOD kindly advise me how long it is wise to continue in a child the habit of taking a midday nap? My eldest, an active, healthy boy, was seven this summer. Since early infancy he has daily had his shoes removed at 11 A.M. and been put into bed for one hour. As I teach the children myself, their school hours are so arranged as not to interfere with this nap. The older ones do not always sleep, but they never question the propriety of going to bed and keeping quiet. We do not see that it interferes with their night-sleeping.

Greenville, S. C.

T.

The habit is entirely a good one. Let the children continue it as long as you can do so without neglect of important duties.

Bicarbonate and Phosphate of Soda; Amount of Nourishment Required for a Child of Fourteen Months.

To the Editor of BABYHOOD:

Will BABYHOOD kindly enlighten me on the following points? My baby boy, fourteen months old, has always been small and delicate. He was weaned two months ago, and on account of his extremely weak digestion I was obliged to add an alkali to his milk, which I dilute with one-third strained oatmeal. On account of his habitual constipation I use carbonate of soda instead of lime-water. I received the suggestion from BABYHOOD, but I am aware that both lime-water and soda were recommended "temporarily to counteract acidity." Now I am becoming anxious about con-

tinuing to add the soda, though I still fear to omit it.

(1) Please inform me whether its continued use may be injurious to my little one, and enlighten me as to what bad effects it would produce.

(2) Is phosphate of soda an alkali?

(3) Is one quart of milk, with half as much strained oatmeal and two table-spoonfuls beef-juice, during the twenty-four hours sufficiently nourishing for a baby of his age?

Detroit, Mich.

L.

(1) The persistent use of any drug should be avoided, unless there is evident reason for its administration. As to the bicarbonate, we should say that it is, perhaps, as little harmful as any. But its use is chiefly as an antacid rather than a laxative. It is put into milk only to make sure that the latter is not sour and to prevent too sudden curdling. It is safer to have blue litmus paper in the house, with which to test the acidity of the milk, and to add the soda or not as required. Blue litmus paper is reddened by any liquid having an acid reaction. The druggist who sells you the paper will demonstrate its use to you. The sudden curdling is perhaps better prevented by the addition to the milk of barley or oatmeal water, which act, as is supposed, by mechanical hindrance to the formation of large curds. Soda has a medicinal value also if the stomach secretion is believed to be *too* acid—it is acid naturally—which is evidenced by hard or large curds or uncommon acidity in the vomited matters, or similar curds in the passages. All alkalies, if abused, are supposed to have the effect popularly called "thinning the blood," but the soda salts are

generally better tolerated than those of potash.

(2) Phosphate of soda has a slight-ly alkaline reaction, but is not counted as an alkali. It is a useful laxative or purgative, according to dose.

(3) It is probably enough if prop-erly digested.

The Knitted Band; Getting Rid of the Pinning-Blanket.

To the Editor of BABYHOOD:

(1) Can you tell me how large to make the knit bands for an infant? I have but one child, and, as he was dressed the old-style way with many bands, I thought that I could do much better with the Gertrude suit.

(2) I would also like to ask how to do with the pinning-blanket—make it like a skirt or leave it off altogether? I suppose that you will tell me to let the band go after the first month or so, but my boy, now eight years old, had severe trouble with his bowels, and if I took off the flannel bands he would be much worse. I also used the band to button the stocking-supporters on, using the supporters as soon as he was put in short clothes. He wore long woollen stockings, keeping his knees and legs warm.

Middlebury, Vt.

C. J.

(1) A knitted band should be rather loose; one that is tight enough to hold up stockings is too tight. Its only use being for warmth, it should be wide enough to cover the whole abdomen, say from just below the breast to the hips.

(2) One of the merits of the Gertrude suit is that it gets rid of the pinning-blanket.

Wakefulness at Night.

To the Editor of BABYHOOD:

My baby boy is nearly seventeen months old. He has always been a strong, healthy child, with the exception of two or three

weeks during the hottest part of last summer, when he lost his appetite and had some bowel trouble attendant on teething. Since his seventh month he has been fed chiefly upon condensed milk and oatmeal, Graham crackers, bread and butter, and occasionally a little fruit, such as apples, bananas, or oranges. He has always been very muscular, has walked well since he was nine months old, is very active, and romps and plays all day long. He has a vigorous appetite and apparently a good digestion, but he is a very poor and irregular sleeper. We put him to bed at about 7 in the evening, and if he has taken no nap during the day he goes to sleep in a few minutes, but if he has had a nap of an hour he will be an hour getting to sleep, and not more than half-a-dozen times in his life has he slept all night without waking. He usually wakes from four to six times, and of late he awakens about midnight and frets from one to two-and-one-half hours before he gets soundly to sleep again. Then he is up for a 7-o'clock breakfast. I would like your opinion as to the cause of this wakefulness, and whether a well child would sleep so little.

Walla Walla, Wash.

Z.

You mention no disturbance of health except the restlessness at night. We have nothing upon which to base a judgment in the case except general experience. The things we think most likely to make an apparently healthy child wakeful or restless are these: (1) Uncomfortable digestion, flatulence, etc. (You have excluded any noticeable indigestion.) (2) Thirst, often overlooked; and it is well to offer a drink to a restless child, if sufficiently awake to take it (3) Too much or too little heat of coverings. (4) Desire to pass water, with hindrance to it for some reason. (5) Pure habit, as in adults; we have seen remarkable instances of this.

Condensed Replies.

S. F., Baltimore, Md.—Never use a bottle with a tube; use plain, well-fitting nipples with very small holes. If possible, get them without holes and puncture them with a fine needle. Such a nipple stretched over the neck of the bottle will not allow any air to be sucked from the bottle, if the latter is so held that the bottom is uppermost and the neck always full of milk. No air can then come in contact with the nipples. Some persons carelessly hold a bottle so that one side of the neck only is filled with milk, the other with air. If that be done, no bottle is free from the objection you raise. Of course the infant should never be left alone with its bottle. It should be held all the time. The difficulty in cleaning bottles is a real one, but care will overcome it. The nipples should be put to soak in an alkaline solution and the bottles filled with the same. Soda, saleratus, and the like are good.

D. O., Owensborough, Ky.—No child of six months ought to have had so many foods tried upon it. Nothing can have been really and properly tried. The proper way with any food which has a reasonable ground for being tried at all would be this: If after a while it seems to disagree, try to find out why it disagrees and modify it accordingly. Such trials take time, patience, and intelligence on the part of physicians and parents, but they ultimately succeed.

W., Philipsburg, Pa.—Cow's milk having an amount of proteid constituents from two to four times what is found in breast milk, it is first of all necessary to dilute the cow's milk to

bring down the proteid strength, and then to add both fat (cream) and sugar to bring them back to the proper standard. You will see at once that you cannot add cream to such a strong mixture as you are now using without making a mixture probably beyond the digestive power of the child.

L. P., Rochester, N. Y.—We should think that a child who had had such a (seeming) difficulty in digesting milk would do better if the milk were wholly or partly digested. You might also try either of the foods mentioned by you.

M., Brooklyn, N. Y.—It would of course be better if the food mixed evenly with the liquid; but if thorough stirring and agitation of the food does not incorporate them, it is better to let the solid sink to the bottom than to try to give any undissolved parts at his age (three months). If he wants more food when you widen the intervals of feeding, he would better have more than to keep on with short intervals. Be as exact as you can in time of feeding, but the child need not be kept awake if the meal is due in a few minutes.

You do wrong to call a physician and then decline to follow his advice on any theory of your own about the action of medicine. The physician has thought more and knows more than you about these very facts.

D. S., Corydon, Ind.—We advocate weaning at one year, as a rule, because, as a rule again, the child is not then properly nourished by the breast alone, and, if in good health, the chances are that it will do better on a systematic

diet than upon one which is mixed up with—and this is what it usually comes to—irregular lunches on the breast.

K. B. B., Brenham, Tex.—Assuming that everything was sweet and as it should have been when the sterilizing began, we can think of no other cause of spoiling except inefficient sealing. The cotton plugs may have been too loosely packed and not really stoppers; or they may have become wet, when their efficiency ceases.

D., Waterloo, Ia.—No food is, in our judgment, a "bone producer" except as all properly constituted food that is easily digested is. Foods may be deficient in salts or in nutritive matter, and may not form bone in the same sense that they do not form flesh or blood. But good nutritious food will meet all the demands.

Y., Gloucester, Mass.—So long as your child has but four teeth we do not see how he would be benefited by giving him meat to eat, and we believe that he would be injured by giving him potatoes or other similar things. Of the list you give, we would say he might have the strained oatmeal, the juice of steak, rare, in addition to his present diet. The egg would be of doubtful value. The apple sauce or baked apple give only as a laxative, if needed. The cornmeal mush, oyster soup, scraped apple, and tomato we should reject.

S., Indianapolis, Ind.—So young a child ought to have been left to work out its own salvation. There is no parallel, so far as we can see, between its antics and the behavior of the little boy who was the hero of the "Dilemma." The number of BABYHOOD con-

taining the story of his exploits is out of print, but it is contained in the volume entitled "Our Success in Child-Training," published by the Contemporary Publishing Co.

S., Mauch Chunk, Pa.—When we have the choice we think that a child would better not be exposed to the temptations of the parents' table until it is two and a half or three years of age, and we should prefer that it be four years before it is given a general diet as you describe; for instance, ordinarily a muffin is hard of digestion to any one. We know of no use for cake for children of any age, and vegetables vary from some of easy digestion to some that tax the adult stomach.

P. G. D., Centreville, R. I.—Oatmeal is very nutritious and, if well cooked, an excellent article of food. In our judgment, however, many persons more than offset its nutritive value by injurious amounts of syrup or sugar eaten upon it. With salt and milk, or cream, it is to most stomachs digestible and, to our taste, delicious. Meal of poor quality or badly cooked is detestable.

L. D., Syracuse, N. Y.; R. A. T., Chicago; and I. D., Los Angeles, Cal.—We are always glad to receive pictures of our little friends, and to reproduce, on our cover page, whatever is adapted to our purpose. But, however attractive in themselves, we can only use such photographs as show a particularly striking phase of child-life. The pictures must be clear and well taken. We return promptly what is not suitable.

Precocious Children.

I.

On a tombstone at a small town in England there may be seen the following curious epitaph:

"Stop, traveller, and wondering know that here buried lie the remains of Thomas, son of Thomas and Margaret Hale, who not one year old had the signs of manhood; at three was almost four feet high, endued with uncommon strength, a just proportion of parts, and a stupendous voice; before six he died, as it were at an advanced age."

Here was a boy who, when only six years old, died of old age, and he furnishes an excellent text for the subject of precocious children.

Precocity is not generally thought to be a very alarming symptom, and, so far as we can find, parents rarely bring their bright children to the physician to be treated for the smartness. It is the backward youngsters that we are expected to help, and this is unfortunately a much harder class with which to deal.

The question whether precocity is really a bad and unhelpful sign hangs much on the way the child is growing. If the body is sound and developing, each part in its right amount, precocity, however great and wonderful, is harmless. Perhaps we cannot do better, therefore, than to furnish some standards for proud mothers to go by. They are very dry accounts of how the baby should grow, and they are not figures, either, which are to be taken as giving the facts absolutely, but only the general average.

Average Increase in Weight and Length.

At birth the weight is about six

pounds, girls a half-pound less. The weight at the end of a year is about 20 pounds, and it should then increase in a steady line at the rate of about 4 pounds a year until the age of twelve, when a child weighs not far from 60 pounds. The weight then increases rather more rapidly, and at the end of the next two years is nearly 75 or 80 pounds.

The length of the new-born baby is about 20 inches. At the end of the year it should be 28 to 30 inches, at the third year 34 to 37 inches; or at one year 2 feet long, at three years 3 feet long; at the seventh year 44 to 48 inches; at the twelfth year 55 inches; and at the fourteenth year 59 1-5 inches, or about 5 feet. The girl grows nearly as fast as the boy, but keeps slightly behind him in height, until at the sixteenth year the boy suddenly shoots ahead.

The Growth of the Head.

The baby's head measures in its greatest circumference 13 to 14 inches. At the end of two years it measures 18 inches, at the seventh year 20 2-5 inches, and when grown up 21 7-10 inches.

The soft spot on the head known as the anterior fontanelle should close up entirely before the second year, and there should not be any furrows along where the bones unite.

The forehead should not be square and bulging, nor should the skull be very unsymmetrical or the face larger on one side than the other. The signs

ordinarily known as those of rickets should be absent.

Development of Muscles.

The head can be held up at the fourth month; the baby sits up by the sixth to eighth month, stands toward the end of the first year, and walks at the beginning of the second year. A five-year-old child can lift about 20 pounds, and a boy is one-third stronger than a girl. The upper arm at the ninth year measures 6 to 7 inches, the calf of the leg about 8 to 9 inches; they increase in circumference yearly at the rate of two-fifths of an inch.

The Teeth.

The teeth should begin to appear at about the sixth month. The facts about teething, however, have often been given in *BABYHOOD*, and we need not go over them. Sometimes a baby is born with teeth. This was the case with King Louis XIV., and it was thought a good omen; but the king suffered from bad teeth all his life.

The Growth of the Child's Mind.

The child begins to make combined sounds at the third or fourth month. The intelligent application of names to things occurs in the latter part of the first year. Sentences are used in the second year, and loquacity begins in the third year. The girl talks sooner than the boy, and the first child talks later than subsequent ones because he has no companion to imitate.

The baby is deaf for the first two or three days. At about the fourth month it localizes sounds and turns its head to see the source. Children can hear high, shrill sounds inaudible to the adult.

A child can fix its eyes on a light in

the third week, and will blink its eyes when a bright light is brought before it in the seventh week. It forms ideas from its visual sensations, and stretches out its arms for an object seen, by the end of the second month. It will recognize a person, showing memory, at the third month. Its memory extends to various persons and objects by the fourth or fifth month.

The baby has no doubt unpleasant feelings of a perfectly undefined kind at the beginning of life. It does not feel pain in the ordinary sense, however. A brainless child will cry. True crying, as the result of a definite appreciation of pain, does not begin till toward the end of the first year. At this time signs of other emotions, such as obstinacy, anger, pleasure, and jealousy, are shown; and during the second year emotions of all kinds, intense but transitory and superficial, are developed.

Memory develops very rapidly in the third year, and after this year this faculty is so active that the impressions may be remembered to old age.

The power of reasoning, of putting two and two together and drawing an inference, is present in the third year, and rapidly develops according to the nature or education of the child.

Normally the child's emotions and perceptions are most active, its self-control and volitional power are very weak, and what passes for such is either passion or the dominance of a habit.

We have briefly outlined the characteristics of normal development, and shall discuss the signs of precocity in our next number.

The Mothers' Parliament.

What is "Warm
Milk"?

I made an observation upon myself, during a fit of sickness a short time ago, which I think has a bearing upon the welfare of BABYHOOD's babies. I found that, when I was barely able to take any food at all, if milk was given to me at exactly the temperature of the mouth and stomach, I could digest it, while if it was a very little colder or hotter it was impossible for me to swallow it. In fact, when the temperature was just right, it was hardly a question of digestion at all; the milk seemed to fly through the walls of the stomach and to give me fresh strength almost instantly.

I also made the interesting discovery that each of my three successive trained nurses was quite incapable of bringing me milk of anything like the temperature I desired, no matter how urgently I begged her to make the effort. I was forced at last to have two portions of milk brought, one hotter and one colder, and to have them mixed until the temperature suited me, although I was so weak that the effort of tasting was exceedingly exhausting. Now, it is perfectly easy to know, without an experiment, that if the stomach has no preliminary work to do in raising or lowering the temperature of the food that is presented to it, it can perform the work of digestion with greater ease, and that in a state of extreme exhaustion this difference of ease may be of critical moment; but it is a point which does not seem to have been sufficiently insisted upon by doctors and nurses. Its bearing upon the delicate

digestive powers of babies is very plain. A tough baby "can get through anything," but when it is a question of a delicate baby or a sick baby, too much insistence cannot, I am sure, be placed upon its having its milk of the right temperature.

But how many baby-tenders have any but the very vaguest notions of what is meant by "warm milk"? If the baby's milk must be prepared by the nurse, she should be provided with a glass-tube thermometer and required to use it. If the mother superintends the food herself, she may be trusted to get it right by tasting; it is a very simple matter—it is only necessary that it should feel absolutely neither hot nor cold when it is taken into the mouth. The difficulty is greater of getting and of keeping the milk of bottle-fed babies exactly right, and it is probable that such babies seldom or never have their food of the proper temperature. The other day I saw the mother of sickly twins filling their two bottles with hot milk, and when I expostulated with her she said: "Oh, it will be cold enough before they get to the end of the bottle!" I can assure the readers of BABYHOOD that when I saw, from my own sensations, how important a matter it is, I was very thankful to remember that I had always tasted my baby's milk myself.—D. O.

Dirt versus
Health.

I have no sympathy with the commonly accepted belief that "dirt is healthy" for children, or that it is "good for them." I think it is sometimes offered as a sort

of an excuse for the shiftlessness of parents who are indifferent to the appearance of their children. Allowing, however, that dirty—sometimes filthy—hands and faces and garments are not harmful to a child's physical well-being, I am confident that a child's morals and manners are influenced in a marked degree by its cleanliness. I don't think it is possible for a child living in a condition of habitual dirt to be morally pure. No growth of gentleness, of godliness, of politeness can be expected from such a child. It is said that cleanliness is next to godliness, and I believe that one is a part of the other. I have dined at tables at which the children of the family appeared just as they had left their out-of-door games. Their hands and faces were dirty, their hair uncombed, the marks of their mud-pie pastime clinging to them. It sounds well enough to talk about mud-pies, but I don't believe that they are necessary to the health or happiness or moral growth of children. My children don't make mud-pies. They get pretty dirty at times, but they don't remain so long. They never appear so at the table, and they go to bed as clean and sweet as children should be. I won't allow them to go around with their shoes unbuttoned, safety-pins doing duty here and there as buttons, and their garments ready for the laundry. I am too jealous of their own self-respect and their respect for me to allow them any great license in the way of actual dirt. And they are not made miserable by such cleanliness. They are not little prigs. They are healthy and happy, and a greater pleasure to

me and to my friends than they could be if habitually untidy.—H.

Self-Consciousness in Children. Aside from the development of purely moral qualities in a child, probably the most important thing the mother can do for him is to keep down the growth of self-consciousness. Doubtless there is no moral defect which is so keen a source of unhappiness to its possessor as is the habit of always thinking of himself when he is conversing with other people, and hence of being incapable of taking a real and unfeigned interest in the subject of conversation. A grown person who has ever observed himself attentively knows very well what is the one and only way of getting himself out of his self-conscious frame of mind; it is for the conversation to become so interesting that he is actually absorbed in it, and has for the moment no attention left to bestow upon his importunate self.

And this is the secret of preventing the development of the obnoxious quality in children. If they are left to stand idly in the room and see themselves looked at and talked about when there are visitors present, they have nothing left to do but to think of themselves and of the impression they are making. I know a mother who, when her little girl of two is to be taken down to the parlor to receive callers, takes her favorite picture-book with her. The pictures form an interesting subject of conversation between the baby and the guest; the guest is not obliged to say the foolish and inane things which are sometimes all she can think of, and the baby has eyes and thoughts fully occupied in

imparting its little pleasures to a sympathetic listener. The ways of children are much more charming and interesting when they are natural and unrestrained, and both guest and baby end by having had a very pleasant visit.

To make a child show off his little accomplishments the moment a stranger comes into the room is a very hazardous thing to do, from the point of view which we are considering. We should all of us soon become sorry prigs if we accustomed ourselves to exhibiting our latest acquisitions every time some one appeared who was not acquainted with them. The temptation is almost too great a one, it is true, to ask the happy papa and mamma to resist. That a baby who a few months ago could hardly speak at all should now be able to repeat rhyme after rhyme of the classic Mother Goose is certainly a very wonderful thing, and it is very hard for the happy parents to realize that it is a miracle which has taken place, sooner or later, with every sometime baby in the land. But if the little songs must be repeated for company, it makes a great difference with what motive the child is led to go through with them. If you say to him, "Wouldn't you like to tell this lady about the poor little pussy-cat who fell into the well?" it may happen that we can get it out without having any other feeling aroused than one of friendly human sympathy. But if you say, "Come and let this lady see how well you can say Tom, Tom, the Piper's Son," you give him a distinct and too easily learned lesson in vanity and self-consciousness. It is not that

he is never to be accustomed to hearing himself praised for his new acquisitions, but the warm and loving gladness which his mother shows him, because he has done something to-day which he had not the strength to do yesterday, is a very different thing from the simulated wonder of the stranger at a mark of childish precocity.

This is merely to say that the footing on which he enters society should be the same as that which has been found to be most desirable for older persons; his motive should be to give pleasure, and not to get praise. It is an innocent illusion on his part that the visitor is really interested in knowing how his toys work and what his doggie has been doing, and it is an illusion without the like of which on everybody's part society would soon cease to exist.

It is, of course, not a bit better to describe to the guest the extraordinary things the child is capable of doing while he listens than it is to let him show them off for himself. One should have at least as much tender regard for his modesty as one has for what is left of that quality in a grown person. When the lady and the baby are to be entertained together, the lady is a far better subject of conversation than the baby. Tell him about the little children she has got at home, or the dogs and cats she knows, or the places she has seen; let him feel her satins and her furs, and then send him out of the room while you dilate at your pleasure and in his absence on all his wonderful ways of doing things.

Another way to make children self-

conscious is to let them expect always to be reproved as soon as the visitor is gone for what they did while she was present. Children should be taught to be uniformly polite and considerate, but the unnecessary reproving should be done upon every-day occasions, and not for the purpose of producing company manners. It is incomparably better that the child should be a little rude and disobliging than that his manners should lose the great charm of naturalness. The writer well remembers how grieved

and discouraged she felt when she had given a visitor what she thought was a very interesting piece of information—namely, that the necklace her little sister wore had once belonged to her—and found herself taken to task afterward for having exposed the family scarcity in necklaces. Doubtless there are many persons who can remember having had a feeling of surprise when on the departure of a guest the conversation turned upon his faults instead of upon those of the children. Much praise or blame is



This is a picture of **Leslie Jesse Matthes**, Milwaukee, Wis. He is a Mellin's Food boy, having had Mellin's Food since he was twelve weeks old. Write for a sample to the Mellin's Food Co., Boston, Mass.

not in any way very good for children. It is best to lead them unconsciously to form the habit of doing the things that are right rather than to be forever talking about them.

There is no reason why the child should not like to be liked and even admired by his mother's friends. The

approval of the people around us is one of the strongest motives to actions of a higher order than those we are inclined to, and it is a perfectly legitimate one. But admiration, like happiness, is something which is the more easily obtained if it is not made the direct object of our striving.—B.

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VOL. XVIII.

NOVEMBER, 1902.

No. 216.

A Few Popular Fallacies.

It is a popular fallacy, and a dangerous one, to believe that it is well for children to have all the so-called "diseases of childhood" (scarlet fever, measles, whooping-cough, and some others) when they are young, so as not to run the risk of having them when they are grown, as they are supposed to be so much more severe when contracted by adults; and many worthy people purposely expose their children to most of these diseases (scarlet fever alone excepted) in order that "they may have them at home when they are small, and be over it."

Senseless Exposure to Contagious Diseases.

Now, it is never wise to rush into danger, and all disease is dangerous; the mildest attack of measles or whooping-cough *may* terminate fatally, and when once contracted the wisest physician can never positively foretell the result. It is well known that hundreds of children grow up without ever having a single one of these affections, and as the chance of taking any one of them after puberty is almost *nil*, how foolish—nay, how presumptuous—it is to take a needless risk! Never expose a child to *any* infectious or contagious disease, but, on the contrary, take every precaution to prevent

exposure. No child is any the better for having "gone through" measles, scarlet fever, or any other disease, and many of those who do recover are very much the worse: there is nothing to gain and a great deal to lose.

The Influence of Fear.

It is a great mistake to suppose that contagious diseases attack those who greatly dread them, and spare those who do not. If such were the fact, babes and young children, who know nothing about such things, ought never to contract infectious diseases. It is merely one of the superstitions of a former age, and should be discounted.

Scarlet Fever, Scarlatina, and Scarlet Rash.

An erroneous opinion prevails very generally that scarlatina and scarlet rash are not the same thing as scarlet fever; the general idea being that scarlatina is a mild or modified form of scarlet fever, not at all dangerous and requiring very little attention; and scarlet rash is in most instances confounded with "rose rash," an entirely different affection, which is very innocent and *not contagious*. Now, the fact is that the meaning of these three terms, scarlet fever, scarlatina, and scarlet rash, is identical, scarlatina be-

ing the Latinized and technical name for the disease, scarlet fever, just as rubeola is used for measles, or variola for small-pox; and here lies the danger of supposing otherwise. A mild attack of scarlet fever, under the name of scarlatina, is just as contagious and capable of spreading the infection as though it were called scarlet fever. Only ignorant parents, supposing it to be an innocent and harmless disorder, will not take the pains to isolate the patient from all other children, which they undoubtedly would do if they were better informed.

"Rubbing a Tooth Through."

It is a fallacy to suppose that a child's gums need to be "lanced" on "general principles"—that is, as a routine practice; and that the truly barbarous practice of "rubbing a tooth through" with a thimble should ever be resorted to is a mystery. The writer saw, only a short time since, a poor little child, scarcely over a year old, whose mother, in the goodness of her heart and her own blessed ignorance, had attempted to "rub through" a central incisor (front tooth) with an old-fashioned brass thimble, and the result can be easily imagined. When he first saw the child, its gums were all raw and ragged from the effects of the rasping of the thimble, its little mouth and lips swollen and bleeding, and so tender and sensitive that it would no longer nurse, and had to be fed from a spoon; while the pain and excitement were so great that it was necessary to administer an anodyne to procure sleep. Never *rub* a baby's tooth through; they sometimes, but rarely, need to be scarified, and, if so, need the services of a physician.

The "Tooth Rash."

It is equally fallacious to suppose that every form of skin disease that appears on a child within the first two years is to be termed a "tooth rash." Very rarely is it that the teeth have any relation whatever to the disorder in question; but it is frequently neglected, in consequence of the belief that to cure it would be dangerous; and so, perhaps, a chronic skin disease becomes established very difficult to cure in after-years.

Crossness as a Symptom of Improvement

It is often said that crossness in a child signifies that it is getting better of any given ailment; this also is to be classed with the superstitions and traditions of the grannies. It is not reasonable to suppose that if a child feels better it will manifest it by crying and fretting; of course, if it have been so sick as to be partially stupid, it might show some evidence of its condition when it should rally enough to be able to do so. If a child feels well, it does not cry, but is easily amused.

The Causes of Bow-Legs.

Some people have a great dread lest a child should attempt to walk too soon, for fear of making it "bow-legged." Now, this fear is groundless; the child begins to walk when it feels it has sufficient strength in its legs to support its body, and nature's promptings in these matters are far safer to follow than any theoretical reasonings we may formulate. Nature makes no mistakes; art often errs. This, however, is a different matter from striving to force a child to walk before it seems inclined to try.

The Hardening Process.

And, lastly, one of the very worst heresies is the so-called plan of "hardening" children, especially those naturally feeble and delicate. This consists in attempting systematically to accustom the child to needless exposures of heat and cold, night air and travel, with the idea that if practised from the time the child is able to go out, and persisted in, it will after a time adapt itself to these sudden changes and exposures, and thus avoid the often serious consequences which other

children experience as the result of accidental exposure. This absurd doctrine is believed in by many, and the attempt to successfully put it in practice results in the sacrifice of many a child. Now, we all know that some children will live through almost everything, and others are made sick on the slightest exposure. These delicate ones require the tenderest care and watchfulness, and if they live to grow up, it is only because of the prudence and foresight of those who rear them.



Meat Diet for Infants.

The question is frequently raised as to the proper time to give meat diet to a child. The subject is an interesting one. We may say in passing that the instances cited of vegetarians who had relapses of ailments after partaking of a diet partly of flesh do not seem to us to have much bearing on the question. On the one hand, such variations of diet often cause trouble in persons who are not vegetarians, and, again, such relapses are exceedingly common in the ailments specified without any evident extraneous cause. Our present understanding of these diseases explains why they occur, but this is not the place to discuss the point. Before speaking to "the question of how soon a little child should begin to eat animal food?" we must ask leave

to substitute the phrase "flesh food" for "animal food." No food can well be more animal than is milk, which is the natural food of all young mammals. So, too, the egg, admitted to use by many, if not most, vegetarians, is certainly entirely animal.

The question then takes the form, "How early should a child eat meat?" The answer has been variously given by different men, and all men of wide and careful observation. Many admit its use early, and we are acquainted with some skilful men who would withhold it until the second dentition is complete. There is little doubt that, where a liberal dietary is available, and the culinary art is well understood, very many persons can enjoy perfect and robust health without eating flesh at all.

How large a proportion of persons can do so we have no means of knowing, and we should not recommend the attempt to live without meat, unless under the favorable circumstances suggested above. For ourselves, we, as regards little children, lean toward the late, rather than the early, adoption of flesh diet in ordinary cases. That is to say, it is to be used very sparingly, if at all, before the first dentition is complete, and watched as to its effect for some time thereafter. There are some children to whom we feel obliged to give meat or dishes made from meat earlier than the time mentioned. From others, again, we keep it longer.

There is one point which should be here emphasized—a point too often overlooked—namely, that when flesh diet is begun, milk diet must be proportionately restricted. The disorders of digestion which attend the meat diet (which, we presume, is intended by one correspondent by the phrase “distinctly inflammatory effect”) are

due not so much to meat as such, but to excessive ingestion of nitrogenous food. Many adults complain of similar results from the use of milk, yet rarely does a real milk diet disagree. But a meat diet, added to a milk diet, will very likely disagree, and the blame is attributed by the sufferer (or his attendant, if the former be a child) to that article of which he is least fond. So if a child is already sufficiently well nourished on milk and cereals, and meat be added, an equivalent amount of nitrogenous food in the form of milk must be withheld. These remarks are not intended to apply to special cases where a physician may, for particular reasons, desire to do otherwise, but as a general rule they will hold good. Many persons seem to consider milk, because it is a liquid, as a drink, or at most as “not strong food.” Such persons should be classed with one we once before quoted, who “lived in the country entirely on vegetable food—milk and eggs.”

Precocious Children.

What Constitutes Precocity?

Precocious children are those who show some remarkable power of memory, as in learning lessons, or some remarkable aptitude, as for music, or some special manual skill. Or the perceptions are unusually acute; they observe more and talk more. Again, the mimetic instinct, which is very strong in children and a powerful help to their education, is exaggerated and developed very early.

Undesirable Precocity.

There are, in our opinion, only two kinds of precocity which are bad—that in which the reasoning and reflective powers are exercised too much, and that in which there is some extraordinary development of the memory. To this might be added a precocity of the sexual instinct and a too early development of puberty; but this takes us further along in childhood than BABYHOOD goes. The pre-

cocity shown in excessive alertness of mind and quickness of observation, or in mimetic skill or in some especial musical or artistic skill, provided the body is healthy, does not do harm or indicate an unhealthy organism. For all these things involve simply a greater quickening of the powers natural to children. Nearly all great artists have been precocious.

The Natural Order of Development.

The child should learn to observe, to use its hands, its muscles, and its senses, before its memory, imagination, or reason is developed, for this is the natural order of events. Precocious thinkers, early book-worms, and children with remarkable memories, are liable to become commonplace or unable to deal with affairs when they reach maturity.

The Influence of Surroundings and Associates.

Precocity of a moderate degree depends much upon the child's teachings and surroundings. Bright children, who are constantly associated with adults alone, are made precocious simply by this fact.

Precocity is also the sign sometimes of a very nervous, mobile temperament, or of a rickety or consumptive taint. In these cases children should be taken from books, kept in the open air, and carefully watched and educated.

Eminent Men who were Precocious Children.

Precocity may, no doubt, be a sign of unusual talent or genius. We are not disposed to look disparagingly upon precocious children. "It is an envious frost which nips the blossoms because they appear quickly."

Almost all the men of genius in the world showed some unusual degree of mental development early in life. The writer has a list of over a hundred historical names, and in each is a story of precocious youth. Many years ago a French writer wrote a whole treatise upon "Children Celebrated for their Studies and their Writings." He tells us that Eupolis had written seventeen comedies and gained seven prizes before he was seventeen; that Cicero was only thirteen when he wrote one of his celebrated orations; that Pliny wrote a Greek play when he was sixteen; Grotius wrote Latin poetry at eight; Bacon criticised Aristotle at sixteen; Avicenna knew the whole Koran at ten; Melancthon began his writings at thirteen; Thomas Hobbes wrote a Latin tragedy at eleven; Pope wrote his "Ode to Solitude" at ten; with many other illustrations of a similar kind.

The Decrease of Precocity.

It is, in fact, a characteristic of the distinguished men of the past that they showed precocity of intellect to an extent not often noticed at the present day. The reason of this is that as civilization advances, individuals mature more slowly. This change is noticeable even in the past fifty years. Our children do not stand the tasks set before their grandfathers. Books have to be taken up later, and the full development of the faculties comes more slowly. Even the body seems to mature later, and twice in the present century the standard for French army recruits has had to be lowered. All this is at the bottom, perhaps, of the present com-

plaints about our educational methods. We have been setting the tasks of our grandfathers before the more slowly-growing minds of our children.

How to Deal with It.

Very young children who develop a prodigious memory should be discouraged in the excessive exercise of it. It should be trained moderately only. Otherwise in many cases this faculty is lost or greatly weakened when maturity is reached, and the child is in a measure stranded. His wonderful memory goes, and his other faculties are found to be commonplace. Remarkable musical or artistic powers should be treated in the same way, neither neglected nor excessively cultivated; for it is not until after puberty that parents can be sure that the prodigy is a real one. Many persons who are remarkable in these lines are very weak intellectually. Imbecile children often show some remarkable artistic talent in some very nar-

row line, and in these cases, of course, the more made of it the better, since little can be made of any other endowment. Early scribbling, the writing of stories, and even poems, is comparatively harmless; and, indeed, we have known the training received by a precocity in such things to be of service later in life.

It is, however, very difficult to lay down any rules for dealing with precocious children. The main things, we believe, are to see that the body is kept sound and healthful. Make the boy or girl a good animal. Then let the faculties be developed as near as possible in the natural order, teaching all along that self-control, the development of the will-power, is the fundamental thing in education. If the brain is forced along in the right lines there is no harm in brain-forcing, and we have little patience with the "scare" which is nowadays being brought about over the dangers of too much study and too much education.

The Curative Value of Baths.

The constitutional effects of baths vary with the temperature. Cold, as is well known, if it does not exceed the resisting power of the person, is a tonic, producing increased tissue changes and consequent increased nutrition. The cold bath shares this strengthening power. But if the cold be too great or too long in its application the exhilarating "reaction" does not take place fully or at all; the result is fatigue, exhaustion, or even severe prostration. The cold bath, moreover, has curative value under

some circumstances, due to its shock. The shower bath, the douche, and a variety of baths in which a current of water is used are exaggerations of the cold bath, inasmuch as the cold and the shock are combined; and the same is true of the sea bath.

The warm bath, on the contrary, is not tonic, but relaxing. It produces a fulness and increased color of the skin, due to the greater amount of blood brought to it. A warm bath is at first agreeable, but, if prolonged, enervating. The hot bath produces like re-

sults, but in a higher degree; and if the temperature be near 110 degrees it can be borne but a short time without causing excited action of the heart and other disagreeable symptoms. These, in a few words, are the principal effects of hot and cold baths, and from them their remedial uses may be inferred.

The Cold Bath.

in all its varieties, is chiefly used as a tonic, and its use for children who are feeble is quite extensive. It seems unnecessary to insist that, as the bath is used to strengthen the little patient, it should under no circumstances be used in such a way as to depress. Assuming this, we may mention some of the conditions under which it is likely to prove beneficial. Children who have a sluggish circulation, with poor appetite and feeble digestion, are often markedly benefited by systematic cold bathing. So also are children who are constantly "taking cold" and children suffering from rickets, which, as BABYHOOD has often pointed out, is a disease of faulty nutrition. Furthermore, in some kinds of nervous ailments, such as St. Vitus' dance (chorea), as also the peculiar crouping croup, seen most frequently in rickety children, cold bathing is useful, but in these instances it should not be used without medical sanction.

Just how the bath should be given will depend upon circumstances. If the child is not an infant, and is of that type of which we say the circulation and its over-functions are rather torpid than feeble, a quick dip into cold water may be judiciously used, and may produce the desired glow of reaction. Showering, douching, and

the like should never be used without medical advice, and even the cold dip above alluded to should not be used without such advice unless the parent is clear as to its advisability. The most available and beneficial method of employing the cold bath for children, therefore, is by sponging. Very young children should not be treated by cold baths at all, unless they be especially ordered; but an older infant or a young child may be sponged, on rising, with safety and advantage if the room is quite warm or if it be placed before the fire. The sponge can be then rapidly passed over one part after another, omitting the face, neck, hands, and feet, for a couple of minutes. (The time may be increased to five as the child becomes accustomed to the bath.) The child is then dried carefully with a soft towel and gently rubbed. The large, soft towels, which may completely envelop the child at once, are convenient, and the friction can be made by rubbing the hand over the towel. If the child is feeble his feet may be put toward the fire during the bath, or he may stand in a tub of warm water. Children who are inordinately timid, and who cry violently at the use of cold water, are often managed by beginning with tepid water, which is gradually cooled by adding cold water at each dipping of the sponge, until the temperature is as low as desired. This gradual change diminishes the shock.

There are, however, instances where the shock is what is especially desired; but these need not be here detailed, as the responsibility of using such baths ought not to be taken by the parent without previous instruction.

The Warm Bath

is used remedially mainly for two purposes: to bring blood to the surface and to relax spasm.

It is the former purpose that leads to the use of the general warm bath or the foot-bath in a multitude of instances. If, for example, there is headache and presumably the brain is fuller of blood than usual, the solicitation of a flow of blood to the extremities by the heat of the bath will tend to relieve this fulness, and thus at once to relieve pain and to promote sleep.

In a similar way the hot bath relieves many ailments which are attended by, and perhaps dependent upon, the presence of too much blood in—*i.e.*, the congestion of—some internal organ. This also explains why the hot bath is useful “to bring out,” as the popular phrase is, the eruption in the eruptive fevers, such as measles or scarlatina. This is not to be interpreted as it sometimes is—namely, that the eruption is literally “driven in,” and is to be bodily brought back again. What should be understood is, practically, this: Some circumstance—possibly a chilling of the surface—has caused an internal congestion, with corresponding increase of the severity of symptoms. As a general rule, when such congestions take place superficial manifestations of the disease (notably eruptions) diminish. If by heat the blood can be again brought to the surface, the internal congestion will probably be relieved and the skin symptoms reappear. The “driving in” did not cause the internal trouble, but the latter called in, one may say, the eruption.

The power of hot water to relax muscular spasm explains its value in a number of ailments, such as muscular cramps and common colic, in which latter ailment the effects of heat may be continued by the use of hot bottles, bags of hot salt, or similar familiar domestic devices. It is chiefly for this reason also that the hot bath has been so universally used for the convulsions of children. It is not to be expected that the bath will check convulsions if their real cause is still present and active; but it is not unreasonable to anticipate that by its relaxing influence on the muscular system the warm bath will mitigate the severity of the seizures until more radical measures can be instituted. Inasmuch as the use of the bath has not been known to do harm, experienced practitioners recommend its use, because in a certain proportion of cases it certainly does good; and it is a very great comfort to the mother waiting for the physician to have at her hand a resource which she feels may relieve, and which she need not hesitate to take the responsibility of using.

The Bath for Lowering Temperature.

There is another use of baths in sickness, and that is to lower the temperature of the body. It is a noticeable fact that while in health baths will not lower the temperature (as shown by the use of the thermometer in the mouth or bowels) unless they are carried to the degree of utter prostration, yet when the temperature is abnormally high—*i.e.*, when there is fever—baths will produce a lowering which in a general way corresponds in degree and in duration to the coldness of the baths employed. Medical

men often feel obliged to make use of baths of quite low temperature; but in domestic practice these (that is to say, immersion baths or douches) should not be attempted without medical sanction. A bath of any temperature less than that of the body at the time, given in any method, may produce some lowering of the temperature, but some of them only to a very trifling degree.

The baths most suitable for domestic use to calm fever are sponging, packing, and the tepid, full bath. Sponging of the entire body with cool water, say about 70 degrees F., is usually very grateful, and, if it is prolonged, results in some lowering of the temperature. The comfort it gives, however, is not entirely due to the cooling, but in part to the soothing of an irritated skin and the removal of acrid secretions due to fever. When the patient complains of chilliness the sponging should be suspended. If, as is sometimes the case, cool sponging is not agreeable, warmer water may be used, but a longer application will be necessary to produce the same effect on the temperature.

The Cold Pack.

The cold pack is usually more efficient than simple sponging. It is thus given: A sheet folded to the proper size is dipped in water of the required temperature and laid upon a cot, which preferably is protected by a rubber sheet. The size of the folded sheet should be such that its length will reach from the armpits to just above the ankles, its width enough to encircle the body and overlap some inches. The water should not be below 85 degrees F., unless this is di-

rected by a physician. The sheet being in place, the child is laid upon it, one arm raised and one side of the sheet drawn up over the body and limbs, and then the manœuvre repeated for the other side, the sheet being lapped over. The extremities are left out to save too great chilling of the parts. A blanket can be thrown over the sheet and the pack left undisturbed for, say, ten minutes for the first application. The patient is then lifted out quickly, laid in a blanket, lightly enveloped in it, and left quiet. Packs colder and longer are used by physicians, but they should not be by others without advice. The depressing effects of any baths may be met by stimulants, wine or spirits.

The Tepid Bath.

But, on the whole, the most convenient method for domestic practice is the tepid bath. A bath may be prepared of 95 degrees, or a little lower, and the child placed in it in the usual way. It will be noted that, while 95 degrees is not much below the normal temperature of 98.6 degrees F., it is quite a little below an abnormal temperature of, say, 102 degrees or 103 degrees. If the bath is agreeable and in no way depressing, it may be gently cooled down in repeating it by the addition of cooler water, say to 90 degrees, and in subsequent trials to 85 degrees F. or even 75 degrees F. But, without specific directions, it is better that nursery guardians should err on the safe side, and not give too cool baths.

Precautions in Bathing.

The inquiry is constantly made, "Is not there danger of giving the child a cold by these baths?" Very little,

if any, if the bath is properly managed. In taking a child from the bath do not dress it; lay it rather into a bath-blanket and leave it for a considerable time; this prevents chilling. Also take pains that the hair is not wet, as a mass of cold, damp hair is at least disagreeable, and may give the dreaded cold.

There is one more use of quite hot water that may be mentioned, which is the staying of bleeding. Water from 60 degrees to 100 degrees F. favors bleeding, particularly water of

the warmer temperature. Water from 110 degrees F. to 120 degrees F. arrests bleeding from small vessels. Its action is not unlike that of very cold water, but it seems to be more lasting, and the application is usually less disagreeable to the patient. Water of this temperature is very commonly used at the close of surgical operations, after the considerable vessels have been secured, to arrest the oozing which occurs from a multitude of smaller ones, and the effect is usually very gratifying.

Caution as to Untried Thermometers.

I wish to call your attention to the wide variations in the readings of the ordinary dairy and bath thermometer. In the numerous comparisons with an accurate clinical thermometer, a variation as high as 11° has been noticed. Think of the shock and other consequences following the use of an untested instrument, both in bathing and irrigation of the bowel.

In a recent death I believe I can see cause and effect. I believe this fact should be given publicity in an editorial. H. M. F.

The above communication from a medical man deserves notice. While it is true that the variation from accuracy is rarely as great as that in the instance quoted, the possibility of such error should be known. The damage from wide inaccuracy will be greatest, of course, in cases where it is intended to be near the outer safe limits. For instance, if a tepid bath were ordered, and the bath thermometer 10° too high, a cold bath, or something near it, would be given, perhaps with

serious depressing effects; while if it were 10° too low, an undesirably warm bath would be given. On the other hand, suppose that a bath of 100° were intended, and 110° were given, the effect would be quite different, or a dip—for an instant in special cases—of 110°, and one of 120° or above were given, a decided skin irritation might result to a sensitive child, not to speak of the shock and pain. So if a douche of 110° to 115° were used to stop bleeding or for some other special purposes (this heat being about the degree of toleration in most people), an additional heat of 10° would be distressing and probably harmful.

It is wise, therefore, to insist, in buying a bath thermometer, that it be compared with one of known or very probable accuracy; a clinical thermometer is the most commonly accessible one. If no bath thermometer can be found quite accurate, the one as nearly accurate as possible should be chosen, its error noted and habitually allowed for in using it.



Nursery Problems.

Marks of Carbolic Acid Burns.

To the Editor of *BABYHOOD*:

Can you tell me whether red spots, without any soreness or apparent irritation, left on the face of a child by being accidentally burned with carbolic acid, will ever entirely disappear, and the best method of treating them?

Davenport, Iowa.

L.

The burns of carbolic acid are usually superficial, doing little injury to the true skin. If these are such, the marks will probably entirely disappear. Even if they should have gone deeper, the color will disappear eventually, the marks becoming white. We do not believe that any time is gained by applications if the burns are already healed.

Paralysis of the Leg and Foot.

To the Editor of *BABYHOOD*:

Several of your replies to inquiries lead me to think perhaps you could give me more light than I have about my girl's foot and limb. Last fall, when about twenty months old, having run alone since ten months old, and seemingly in perfect health at the time, she slid from bed one morning with a cry of pain as she touched the floor, and could not walk, falling every few steps. No injury could be seen, and there was no pain in handling her. We applied some remedies, wrapping in flannel. The next day she could walk farther, but the left knee seemed drawn. The doctor did not seem to know what ailed her, but put on a plaster-of-Paris bandage.

When it came off she could walk without falling. My friends have remarked a "hitch" in her walk, but not till this spring

did I know that the poor little leg and foot had not grown at all below the knee, or but little. The doctor advised rubbing and syrup of hypophosphites, and said there was paralysis. It is no better yet. She is well and strong every other way.

Saint Albans, Vt.

R. S.

The account given of the child's illness or injury is not sufficiently full to enable us to form a judgment as to the kind of paralysis that exists at present. We cannot, therefore, express an opinion as to the probability of recovery, nor as to the treatment proper for it. But this much is clear—such a case should not be neglected. In the larger cities of your State excellent medical advice can be obtained, and you can gain pretty definite information as to the prospects of your child's case and what you ought to do or have done.

Nail-Biting.

I.

To the Editor of *BABYHOOD*:

What will cure a child two years old of biting his finger-nails? Is there any *bitter* which would be harmless in case he put his fingers in his mouth when the ends of the fingers had been generously covered with the substance? The bad habit amuses my little boy when lying awake in his crib and when it is too dark to be detected.

Milltown, N. J.

G.

II.

To the Editor of *BABYHOOD*:

What shall I do to cure my little two-year-old of biting her nails? I have tried

putting aloes, camphor, wormwood, etc., on her fingers, with no success, as she will say she likes it and wants mamma to "put on more." I am at my wits' end to know what to do, and so appeal to BABYHOOD.

Sacramento, Cal.

B.

The second query practically answers the first. Many children are deterred by bitters. Aloes tincture has been most generally used, as being both bitter and nearly harmless. But when bitters are not disliked there is little to be done until a child is old enough to obey, and then the habit is already well fixed. One of the best, if not the best remedy is to tie up the hands in mittens or bags at night or such other times as the habit is indulged in.

Height at Birth and at One Year.

To the Editor of BABYHOOD:

Will BABYHOOD kindly tell me what is the average height and the chest measure of a child of one year?

Richmond, Va.

D. T.

The height of a child at birth is an average from twenty to twenty-one inches; at the end of a year the average gain is about eight inches, making twenty-eight or twenty-nine inches. The gain during the second year will perhaps average about four inches.

Excessive Sweating of the Head.

To the Editor of BABYHOOD:

My baby is six months old and kept remarkably fat during the recent hot weather. She suffered little from the heat, but her head was covered with big drops of perspiration when she ate, and the pillow on which she sleeps was saturated. As yet she has no teeth. I read that three grains of phosphate of lime twice a day would prevent the perspiration on the head. Would you advise giving it, and do you

think she is old enough to have trouble cutting her first teeth?

Mount Vernon, O.

M. G. C.

She is old enough to be getting teeth, but there is no particular reason why she should have trouble in doing so. They may be late. If the sweating occurs in any but very hot weather the phosphate of lime would probably be of use, but we presume that a preparation of the hypophosphites would be better.

Dandruff.

To the Editor of BABYHOOD:

My little nephew is very much troubled with dandruff, and I would like to ask some questions about it. When he was little I gave him a shampoo daily with soap. Should I have washed his head so often? I thought maybe I had used too much soap. The dandruff seems to be on the top of his head only.

He is now three years old, and I only give him a shampoo as it seems necessary for cleanliness. I have also rubbed vaseline into the roots of his hair, but without any success. His hair seems dry, though I brush it frequently. I never have used a fine comb on his scalp. Can you recommend some simple remedy?

Cassville, N. Y.

G.

The kinds of dandruff are quite numerous, and it is by no means certain that any remedy recommended for a case not seen by the prescriber will be the right one. It is entirely proper to continue the shampooing often enough for cleanliness, say once a week. Of the remedies which are commonly in use, we think the following is as likely to succeed as any we can think of: One part of sulphur ointment, three parts of vaseline, enough oil of bergamot, or any perfume preferred, to cover the disagreeable odor of the sulphur. Rub in daily.

The Preparation of Lime-Water.

To the Editor of BABYHOOD:

Will you not have the kindness to tell your readers how to make lime-water for babies, and do not allow many poor people to be imposed upon as we were? We paid 60 cents per quart for it for a time, and to our disgust found that the expensive part was the *water*, for a piece of lime as large as a hen's egg, dropped in a quart of water, is enough to last a year, by pouring on more water.

Fort Wayne, Ind.

H. G.

The directions of the pharmacopœia for preparing lime-water, done into popular language, are as follows: Slake an ounce of quicklime with a small tumbler of water, then add a quart of water. Stir occasionally during half an hour. Allow the mixture to settle, pour off the water and throw it away. To the lime thus washed add, say, nine quarts of water. Stir well, allow the coarser particles to subside, and pour the turbid liquid into a glass-stoppered bottle. Pour off the clear liquid as wanted.

For domestic use, one-fourth the quantities directed would be more convenient, thus: One-quarter ounce of quicklime, powdered; three tablespoonfuls of water to slake it, a half pint of water to wash it, and about five pints of water for the second solution.

Directions for Preparing Barley-Water.

To the Editor of BABYHOOD:

I would like to know how barley-water is prepared for the purpose of mixing with milk for an infant.

Denver, Col. A NEW SUBSCRIBER.

Here is one good way to prepare it: Pick over and wash carefully three tablespoonfuls of pearl barley. Cover it with cold water and let it soak four hours. Put three cupfuls of boiling

water into a farina-kettle, and stir into it the barley without draining. Cover the kettle and let the barley cook for an hour and a half. Strain it through a coarse muslin, and salt enough to take off the flat taste. Keep it cool until needed.

Constipation in a Nursing Baby of Three Months; Weak Eyes.

To the Editor of BABYHOOD:

(1) Can you suggest something for an obstinate constipation in a nursing baby of three months? I nurse him regularly every three hours and try to keep him regular in all his habits, but he has not had half a dozen movements since he was a month old without the aid of suppository or enema. I have given him sweet oil and cod-liver oil with phosphate of lime, besides manipulating his bowels ten or fifteen minutes night and morning before each movement, but nothing seems to help him. He is a strong, healthy-looking boy, weighing fourteen pounds, and is particularly muscular, which makes his trouble seem stranger.

(2) Can you tell me of something to strengthen his eyes? He shrinks from the light, so that he always has to wear a veil out of doors, and his eyes often look slightly inflamed. His father has weak eyes, so that I am more anxious to do something to strengthen his.

Fairmont, Minn.

B. D.

(1) The constipation of young nursing babies is always a most vexatious complaint. The treatment you have used already is very proper. We think the oil and phosphate may be judiciously continued, and we think that enemata containing, say, half a teaspoonful to a teaspoonful of glycerine are particularly efficacious.

(2) Such a child should be shown to an oculist.

The Contagiousness of "Humors"; Symptoms of Rickets; "Red Gum."

To the Editor of BABYHOOD:

I would like to have the aid of BABYHOOD's wisdom in answering a few ques-

tions that have perplexed me more or less, and if you can give me that aid you will place me under great obligations and, I doubt not, help some other mothers, too.

(1) Do you think it advisable to allow two children, aged respectively three years and nineteen months, to sleep in the same bed? The older child has generally good health, but the younger inherits a weaker constitution and a tendency to humors. What I fear is that the older one may suffer in some way if put to sleep with his younger brother. Is there any foundation for my fear?

(2) What can the mother do to prevent rickets or to aid in overcoming the disease when its presence is suspected?

(3) Do you think I have cause for anxiety in my nineteen-months-old boy? He is just cutting his canine teeth—has two through and two more coming; his skull opening is not entirely closed and his head perspires freely on warm days; he says very few words, and he has had a tendency to looseness of the bowels. On the other hand, he is of average size, not fat, strong in his arms and legs for his age, has no signs of bowlegs, generally sleeps well, and eats heartily of milk, graham bread, and strained oatmeal and wheat. His bowels seem to be in good order now.

(4) Would a mother's taking lime-water aid in preventing the appearance of this disease in a nursing baby?

(5) Can you tell me how to prevent and how to cure the rash nurses call "red gum"?
Topcka, Kan. T. O.

(1) That must depend upon the nature of the "humors." The eruptions that are due to disordered digestion, for instance, are not contagious. Many or most common skin diseases are not believed to be. On the other hand, eruption of a tuberculous origin may be. If the point is of importance, ask a physician who knows the child.

(2) Her best reliance is on proper food—in making sure that her breast or the child's artificial food is as good as can be had. Medicinally, remedies

containing phosphorus, particularly the hypophosphites, are useful.

(3) His teeth are not particularly late. The closing of the head is rather late. Altogether, the symptoms of rickets you mention are not very marked, and very probably you have no need of anxiety. It is a good sign that you are watching for the disease. Continue to watch for symptoms, not anxiously, but prudently.

(4) Probably not. Keeping her milk good by judicious care of herself and generous feeding would do more.

(5) "Red gum" (strophulus) is a very slight ailment of early infancy, due usually to the sensitiveness of the skin at that age. It rarely needs treatment, being ordinarily of very brief duration. Sometimes the bowels need a little attention, and if the irritation is considerable, a soothing application, such as vaseline or diluted lead-water, may be made externally.

Retracted Nipples.

To the Editor of BABYHOOD:

I am expecting my first baby in December, and am very anxious to be as thoroughly prepared as possible. I am worried over my breasts, the nipples of which are completely inverted, so much so that there is a small hole where there ought to be a protuberance. My physician advised drawing them out with a breast-pump, but, finding that I had a tendency to miscarriage, reversed his decision. My husband, at his suggestion, went to several of our largest pharmacists and instrument makers, but could find no apparatus for the purpose except the breast-pump. The doctor then told me to write to you, in whom he has great confidence. It may not be out of the way for me to tell you that in his "parish," as he calls it, all the young mothers who take BABYHOOD are his favorite patients, though they are not very lucrative.

In an article on the care of the breasts

you spoke of drawing out the nipples with the fingers. That is with me an utter impossibility, for there is nothing to take hold of; so I am in need of further information.

Is there any risk in hardening the nipples with alum-water, and how strong a solution should be used?

St. Louis, Mo.

E.

The retracted nipple is not rare. Of course it cannot be directly pulled out, but the surrounding breast can be gently and continually crowded back and the nipple brought to the surface and then coaxed forward. We know of no risk in the use of alum-water. A level teaspoonful of the powder in a tumbler of hot water makes a pretty strong solution. Unless your physician knows a reason to the contrary, we believe you can safely use the breast-pump in the last month of pregnancy.

Coated Tongue; Peculiarity of Teeth.

To the Editor of BABYHOOD:

(1) My two little girls have always been very healthy children, neither having had even the common eruptions or rashes incident to infancy; but the elder, three years and a half old, has always had a white-coated tongue, except at very rare intervals. She is the picture of fair, robust, rosy childhood, perfectly sound in every way apparently. Can you account for this seemingly incongruous case? I sometimes feel anxious about it, as such a tongue is usually regarded as indicating a disordered stomach; but this cannot be so, as I am, and always have been, even before I had the pleasure of being acquainted with *BABYHOOD*, very particular as to food, regular hours and habits, clothing, etc., which are such as I think you would approve.

(2) My baby, nearly two years old, is also perfectly well. Her little tongue is as red and smooth as possible, but she has several small spots, depressions, somewhat discolored, on the face of the front upper two teeth. This peculiarity exists in her

father's family, the front teeth of several of the members being short, strong, and healthy, but not perfectly white, and having these discolored depressions, about the size of a small pinhead. Can anything be done to prevent the second set from appearing the same way? She has had eighteen teeth for six or eight months past.

Atlanta, Ga.

B. S.

(1) We cannot, of course, tell why the child's tongue is white. It is noticeable in some children and adults without any corresponding symptoms of stomach disorder. And we have noticed that some persons when using a milk diet, even if with pleasure and apparent benefit, have a slightly whitish coat or coloration upon the tongue. If you can find no other evidence of ill health, we think you may safely disregard the symptom.

(2) The peculiarity of the teeth is also well known. We recall families where it is found in parents and children, having existed from childhood in the parent. Now, whether the peculiarity is a hereditary one in the strict sense, or whether some nutritional peculiarity that has caused it in two generations is the hereditary trait, or whether it is simply due to some traditional (and in one sense hereditary) method of feeding, we cannot determine. We incline to the second supposition. The fact of their existence in the primary teeth does not determine their reappearance in the second set. We know of nothing except general good hygiene that will do any good. Keep the child as well as possible, and wait.

Condensed Replies.

A. S., Chicago, Ill.—The question of sterilizing or not sterilizing depends upon details of the care of

the cows and dairy cleanliness. If, on receipt, the milk be filtered through filter paper (to be had of the druggist) or through absorbent cotton, a good deal of dirt previously invisible is removed, and the milk is less liable to spoil, and is safer than if not so prepared. Milk received as you get it had better be sterilized. You may safely continue to use Mellin's Food with the milk.

Inexperienced, Jenkintown, Pa.—It seems probable that the child's condition is largely due to the malarial trouble. The food you are giving is usually not a constipating one, and we do not think, on the facts stated, that there is any object in making a change.

T. D., Bradford, Pa.—It is not easy to tell, without knowing further details, what the condition of the tongue is due to. Coatings of the tongue originate from various causes; they are usually composed of mucus, particles of food, dead skin, and various forms of micro-organisms which commonly inhabit the mouth, even of the most cleanly and healthy. In a number of individuals, particularly after partaking of food, a white, thin fur makes its appearance upon the tongue. This is a perfectly natural condition and follows upon healthy digestion. If the fur, however, is seen to appear, not in an hour subsequent to eating, but in several hours thereafter, its significance is altogether altered and now, instead of being a sign of health, indicates tardy and imperfect digestion. Among the most frequent causes of a coated tongue are the various forms of dyspepsia, constipation, diarrhœa,

and liver disorder. Generally speaking, a coated tongue points to disorder somewhere present in the organism and proper examination will usually reveal it.

L. A., East Woodstock, Conn.—There is nothing unusual in your child's action. It is quite common, even with intelligent persons, and especially with children, to shut the left eye when asked to close the right. Some will close the right eye when so directed, but immediately open it and close the left one. Patients describe pain in the right side of the body while pointing with the left hand to a point on the same side of the body. If a gathering of children is suddenly requested to lift the left arm, many right arms go up, and while some notice the mistake, others do not. By practice your child can be taught not only the control of the lids of both eyes, but also the various movements of the eye-balls; looking up and down, to the right and left, and so on.

L. C., New York.—It may be of great importance for the future physical welfare of the child that the heart's action be strengthened, and that any unsuspected cause for this weakness of the circulation be ferreted out and, if possible, removed. This is true because without healthy heart action perfect growth and nutrition are impossible, and because heart weakness may imperceptibly develop into actual heart disease.

There are not a few places in this city where pure milk can be obtained. In your vicinity we can recommend Dr. E. F. Brush's New York Depot, 217 W. 123d street.

A. B., Valley City, N. Dak.—We do not believe that the gum disorder is due to restricted diet. The tender gums of scurvy are considered due to the absence of certain salts. Children who have plenty of milk, with broths, bread, and some fresh meat, certainly do not lack these salts. The children may have the aphthous form of sore mouth due to a parasitic growth, which is commonly known as "sprue," or the trouble may be due to the acid of canned tomatoes. There are several vegetables which cause a good deal of irritation in the mouths of some persons, even adults. If the child seems to thrive it may be nursed under the circumstances mentioned by you, but the conditions should be kept constantly in mind, as the milk is sometimes impoverished by the change.

L. I., Utica, N. Y.—We must say that if your little one of four months can digest cow's milk diluted with less than one-third water it has an exceptional digestion, or the milk is very thin. Cream foods, generally speaking, are modifications of cow's milk, with the intent to make a mixture similar in composition to breast milk.

S. L. A., Lancaster, Pa.—We are not well acquainted with the food mentioned, and do not know if it favors flatulence or not. You can change to milk or barley water, as often directed in our columns, if the restlessness is sufficiently important to demand a change in food. We consider no medicine "harmless" unless used judiciously, and we of course feel still less certainty of the harmlessness of patent medicines of the composition of which we can know nothing beyond such

statements as the manufacturers choose to make public. The one you allude to seems to be *relatively* harmless.

G. S., Schenectady, N. Y.—By all means follow your physician's advice about your child's diet. You cannot expect him to take the responsibility of the child's care in illness while you arrange its diet contrary to his suggestion. It is probable that the advice of your physician on the spot will be more advantageous to your child than your application of the rules of any professor at a distance made on general principles.

M., Oakland, Cal.—There is no special diet or method of procedure during pregnancy which we can recommend. The general rule of diet and regimen is this: Keep the health of the expectant mother as good as possible; see that she is well nourished, but not overfed; attend to the proper performance of all the functions, and, as far as possible, keep her nervous system calm and her mind cheerful. The same rules apply after delivery.

S. C., Lebanon, Ill.—Admissible desserts for the little ones are not many. A little simple rice pudding, not too sweet, the usually acceptable rennet custard (also called in various localities "junket," "slip," or "slip custard," the latter two being modifications of the ancient but less elegant "slip-and-go-down"), or the juice of an orange are about all that we usually recommend.

F. R., Omaha, Neb.—Oatmeal and the various forms of cracked or crushed wheat—the trade names are legion—which retain the entire grain,

are the most nutritious of grain foods for the breakfast table. The palatability must be judged by the eater. Occasionally oatmeal disagrees, being popularly said to be "heating," particularly to persons with a tendency to eruptions.

N. T., Houston, Tex.—What the child needs most is supervision at stated intervals by your physician until it is strong again. Don't pay too much attention to what "every one says." It is impossible to say at a distance what food would suit such a case, but in any case have the physician come regularly every fortnight—or oftener, if necessary—and give you detailed instructions as to the food and the hygienic needs of the little one.

Of the two disinfectants mentioned for spraying the nostrils (the physician had better give details as to how to apply the spray), we prefer Listerine.

D., Turner's Falls, Mass.—In all probability the child takes more at one time than his stomach can properly manage. You have plenty of milk; the baby has gained at a very unusual rate, showing that he appropriates a good deal of the food; at the same time he shows by his restlessness immediately afterward that he is uncomfortable. Then comes the regurgitation of uncurdled milk, and later, perhaps, a second regurgitation of milk which has been curdled by the proper action of the gastric juice; finally, undigested

curds always exist in his bowel discharges.

A. K., Kansas City, Mo.—Fresh air is of the first importance. Try to keep the air which the child breathes as pure as the external air, but without chilliness or draughts. Furnace heat is an abomination and a cause of endless trouble; therefore, let the child's room be a sunny one, and heated by an open-grate fire. See that the air is fresh by night as well as by day. A child of over three months old and of fairly vigorous constitution should be taken into the open air every day, unless the atmospheric conditions are very unfavorable.

D. A., Springfield, Mass.—The details of a "non-sectarian" religious education cannot be entered into here, and must be left to individual judgment. Any bookseller will supply you with a list of educational works that may be of service to you. Possibly you may find something suggestive as to the training of your younger child in "Our Success in Child Training," recently published by the Contemporary Publishing Company. There are many editions of the Bible in language adapted to children, and there are suitable selections of stories from the Bible. One of the most attractive is a sumptuous volume just issued by the Century Company under the name of "The Bible of Children." The choice of material appears to be excellent and adapted to every educational need.



How Can I Cure My Catarrh?

"Catarrh" has been called the national disease of Americans. Few are absolutely exempt from some of its manifestations; yet not many persons are able to define clearly what "catarrh" is, and fewer still have made a systematic and intelligent effort to rid themselves of their troublesome complaint. Dr. Tillinghast's book entitled "How Can I Cure My Catarrh?" (just published by the Contemporary Publishing Company, New York) will therefore be hailed by thousands as an unusually successful attempt to explain the nature of catarrh and point out methods of home treatment. We quote, at random, some extracts from this sensible and pleasantly written book:

* * *

What is a Cold?

"The commonest form of fever known in this part of the world is a cold. That sounds like a paradox, but we shall see that a cold is not only a fever, but that in the earlier stages it resembles much more serious fevers so closely as to be hard to distinguish from them. There are perhaps a fortunate few who do not know what a cold is like, but I have never met any of them. There are a good many more, however, who have no very clear idea of the meaning of all the discomforts to which they are subjected and of how to escape them.

* * *

How Colds Differ.

There is so great a variation in the proportion between the general and the

local symptoms that hardly any two colds are alike. There may be hardly any general symptoms at all, as in those colds that are wholly due to local irritation; or the general symptoms may be so severe as to lead to the belief that the whole system is poisoned and that the local manifestation is of comparatively slight importance, as is the case often in grippe.

* * *

Local Symptoms.

What, then, are the local symptoms in "cold in the head" and what do they mean? The earliest thing we notice is a sense of heat and dryness very disagreeable, a "tickling" in the throat and an impulse to dislodge from the throat and nose some imaginary obstruction, which effort only increases our discomfort. If we could look at the inflamed parts during this "dry stage," as it is called, we should find them red and swollen and feeling hot to the touch. We have then *congestion* and with it a more or less complete stoppage of the secretion of mucus by the little glands we have learned about. The dry air coming in contact with this congested surface unmoistened by the lubricating mucus is very irritating, and moreover we find how great a protection the normal secretion is against the irritating particles that the air contains.

* * *

How to "Break Up" a Cold.

It is in this stage that a cold must be attacked if it is to be "broken up," that is, successfully prevented from

going on to the later stage of the inflammation. To do this we must relieve the congestion, or, in other words, withdraw the extra blood from the inflamed tissues. How do we do it? A single example will illustrate the method. When we wish to empty one side of an hour-glass we turn it over and fill the other. So in order to empty the capillaries in one place we take means to fill those in another. There are many ways of doing this, which we shall discuss later, such as the hot bath, but all act by causing the arterioles of some part of the body to dilate, thus diverting the blood stream to a new quarter, for a time.

* * *

The Second Stage of a Cold.

If we are not successful in "breaking up the cold" the second stage soon begins. In this stage the most noticeable symptom is a profuse discharge of altered mucus. I say "altered," for it has quite a different character from the bland, unirritating secretion of health. It is thin and watery, and soon we find in wiping it away that the edge of the nostril is raw and sore, showing that the mucus is distinctly irritating. Often this irritation extends all through the affected area. In spite of this, however, we shall find on looking at the mucous membrane that the congestion and swelling are considerably less. In other words, the first step toward recovery has taken place.

This gives us another hint as regards treatment, for if we cannot stop the progress of the inflammation in its first stage we may perhaps find means to help the onset of the moist stage. When we look more closely into the

process we shall find that the diminished congestion is probably the cause of the increased secretion, so that, whether our aim is to break up the cold or to get it quickly over, our treatment should be governed by the same principles.

* * *

Why We Have Catarrh.

By this time I hope we have a pretty clear idea of what catarrh is in a general way and are in a position to look into its causes. The condition gives rise to so many symptoms, however, and to symptoms that seem at first glance to differ so widely, both in general character and in the organs involved, that we shall do well to look again and more particularly at the causes of the more important and troublesome of these symptoms.

* * *

The Catarrh of City People.

Prominent among these causes we found were the substances that give rise to local irritation in the mucous membrane of the nose. These are far too many to enumerate, but the dwellers in large cities are exposed to a great proportion of them, and so it is that we find catarrh a much more prevalent disease among the city-bred than among those that spend most of their lives in the country. Again, those who spend much of their time in offices, or, still worse, in workshops, get a great deal more dust than can be filtered out of the air by the nose without harm to that organ. It is said that the custom of taking snuff is being revived in England. If it is true, we have a case of a local irritant wilfully applied to the nose, much on the principle according to which the

caged monkey scratches himself for the idle pleasure of the sensation.

* * *

The "Down-East" Catarrh.

The effect of certain climates may almost be classed among the local irritants. Every one knows the voice and speech so characteristic of the Down-East Yankee. It has passed on from generation to generation, till we love it for its association with the character of the race of men who have made it famous. But the romance to some extent departs when we find the twang due to catarrh, so common in that rude climate as to be almost considered a natural condition. Air saturated with moisture at a temperature considerably lower than that of the body; cold, raw winds; and changes of temperature so sudden as to be startling to one not brought up in the midst of such conditions—these all go to make up a climate to which only the hardiest nose can remain long indifferent.

* * *

The Treatment of Catarrh.

We have already seen what can be done for anæmia and gout, and have reviewed about all that can be done for the actual prevention of catarrh. The treatment of the disease, once fairly established, varies both with the stage it has reached before treatment is begun and with the symptoms that are most prominent in the individual case. So that we must consider it in both relations.

* * *

Simple Catarrh.

Let us review briefly the conditions that we have to treat. First there is the swelling and congestion of the mucous membrane, the consequent in-

terference with breathing, worse at one time than at another, and the free secretion of mucus, that constitute that stage known as simple catarrh. There is little permanent injury, and with a little persistence in proper treatment we may hope for complete cure.

* * *

The Second Stage.

Second, there is the so-called hypertrophic stage, with again the swollen mucous membrane, the interference with breathing, now more constant, and the increased and generally altered secretion of mucus. Here the growth of new tissue is enough to result in permanent thickenings and outgrowths that can only be cured by special and skilled treatment.

* * *

The Third Stage.

Third, the dry stage, where cure is doubtful, and, fourth, the atrophic or incurable catarrh. In these we can relieve some of the more unpleasant symptoms at least, but cure is hardly to be looked for.

* * *

The Most Common Form of Catarrh.

The most common of these conditions is that of simple catarrh, and, unless we have very good evidence to the contrary, it is well to treat all catarrh at first as though it were of this description. In fact, as we shall see, the treatment of the later stages requires a skill both for diagnosis and in the manipulation that can only be obtained by one who has given considerable time to the study of diseases of the nose and throat."

* * *

The author of this book, Dr. J. R.

Tillinghast, Jr., has had unusual opportunities of studying his subject, theoretically and practically, in all its phases. A large part of the volume is taken up with directions for treating the simpler and most common forms of catarrh. If strictly followed and faithfully carried out, these directions

will in a large majority of cases effect a permanent cure. It is safe to say that sufferers from catarrh and the more troublesome forms of "cold" will find this treatise the most valuable—because the clearest and most comprehensive—hitherto published on this subject.



Feeding Hints.

II.

In the third period of preparing oatmeal porridge, oatmeal flour is used. One of the disadvantages of this method is, that it may be difficult to get the flour perfectly fresh; also that even if fresh when bought, there is less certainty of its remaining pure and fresh until used. A second disadvantage lies in the fact that the porridge must be constantly stirred while cooking, to prevent it from becoming lumpy. Mothers who are boarding may, however, find porridge thus made more convenient, as it requires less time for its preparation and may be made over an alcohol lamp.

The recipe is as follows:

Stir one heaping teaspoonful of the oat flour into a little cold water, to form a paste, and afterward stir the paste into one pint of slightly salted boiling water. Stir and boil for twenty minutes. Pour the porridge into moulds and serve cold with milk or cream and granulated sugar.

Objections to Hot Porridges.

Hot porridges are not, as a rule, to

be recommended for young children, for the reason that the desire for hot food is a cultivated taste, the indulgence of which tends to make the stomach irritable and capricious. The child who is indulged in hot food and drinks will be less ready for his breakfast and more apt to suffer from colics on the occasion of green apple and other dietetic indiscretions. All know how sensitive the skin may become from a daily hot bath. Constant chilliness and cold even may result. This is apparently due to the fact that the winds of heaven blow too roughly for the over-stimulated cutaneous nerves. How different is the effect of cold applied within reasonable limits! Analogous results are obtained in stomach digestion. A moderate drink of cool water taken before eating whets the appetite for food and stimulates its digestion by attracting blood to the part. The glow which a dash of cold water brings to the skin is repeated in the stomach under these circumstances. The hot drink often increases our sub-

jective sense of well-being, but not by attracting blood to the stomach and assisting digestion. Very hot drinks, very hot food, retard digestion rather than promote it.

It may be urged, however, that the natural food of infants is neither hot nor cold, but of blood warmth. This is of course true, and there is no possible objection on the score of health to be made to food of blood warmth. If, however, we vary from this standard, let us do it by giving food which is under rather than above this temperature, our object being the founding of good habits in the matter of eating and the encouraging of good digestive ability in the child.

The Heating Qualities of Oatmeal

But apropos of the question of oatmeal porridge, some mothers will say, "My child cannot take oatmeal; it is too heating." Before replying to this remark, I have tried to find out what is meant by the phrase "too heating," and conclude that it refers to the appearance of an eruption on the skin, the mother having ascribed the child's eczema to its food. It has been my experience, too, that mothers and nurses—those who are nearest the child, who watch it the most closely—are, as a rule, correct in their surmises; and while I have no reason to think that oatmeal will produce an eruption of the kind named, it has seemed to skin pathologists that it might aggravate such a disease when already present. It does this probably on account of its richness in nitrogenous materials, and is to be avoided in skin troubles for this reason, unless, upon actual experiment, it should be found suitable in the case.

Where oatmeal porridge cannot be taken, we may give a porridge made of graham flour, or, better still, of

Cracked Wheat.

To prepare porridge from cracked wheat, add two tablespoonfuls of the wheat to one pint of salted water, and boil in a double kettle for three hours. Strain and mould, and serve as mentioned before.

This long boiling may seem superfluous, but the recipe is the result of experience, which has shown that porridge thus prepared is more digestible than when less well cooked. Patients who otherwise find themselves unable to take these cereals without souring of the contents of the stomach, will, when thus prepared, take them without difficulty. To obtain the most digestible results, every little starch grain must swell to bursting, and its contents be thoroughly dissolved. This can only be obtained by prolonged cooking. The process need not, however, be so very troublesome, as the double kettle makes frequent stirring unnecessary.

Hominy.

Corn furnishes another valuable element of food for little people. Crushed and deprived of its husk, the corn kernel is sold as hominy and samp.

Hominy forms a pleasant alternate for the porridges we have thus far considered, from the fact that it is granular. If cooked too long its granular form will be, of course, lost. Whether this is desirable or not will depend upon the digestive ability of the child. If the digestion be good, one hour's boiling in a double kettle will be sufficient. The recipe for hominy cooked in this way will be as follows:

Prepare a pint of boiling water slightly salted. Sprinkle in two teaspoonfuls of hominy, stirring thoroughly, and cook for one hour. Cool in a mould, and serve with sugar, cream, or milk.

Hominy may also be used as a vegetable; but this will bring us to another division of our subject—namely, the feeding of babies who have teeth, or the preparation of solid food.

How to Make Porridges Palatable.

Before going to this subject, a word of caution may not be out of place. Do not cook too much food at a time. Never give the child stale food to avoid waste. In preparing these porridges, make them so dainty in their composition and setting that you could enjoy them yourself. If care in moulding and serving were more general, porridges would undoubtedly become a favorite form of food, instead of a despised article of diet as now. For moulds, teacups may be used. Always rinse the cup with cold water and pour in the porridge while wet. This will prevent sticking.

Corn-Meal Mush.

Again, where the child is constipated you may, with medical advice,

dispense with the straining and leave the bits of husk in, to act as an irritant to the bowel. In such cases the old-fashioned corn-meal mush, cooked in the double kettle for two or three hours and served with butter and molasses or syrup, may be useful for a change. When you come to consider porridges, an embarrassment of riches will trouble you, rather than scantiness in your bill of fare.

Sweets as Food.

Would I give a child sweets? some one may ask. Yes, if the child is in good health. Sweets are not condiments, but food, to be taken in suitable quantities, of course, and with other food. Molasses suitably refined should not be entirely stricken from the child's dietary, unless for a very good cause. In selecting molasses or syrup, however, considerable care should be taken, as much of it is harmful on account of the way it has been refined. Syrup which makes a black mixture with tea should be avoided. To try this test, take a teaspoonful of the tea infusion and drop into it a little of the suspected syrup. If the objectionable ingredients are present, the color will immediately appear. W. A.

Early Regularity in Diet and Sleep.

I.

The formation of habits is begun so early in life that many things which we do as matters of daily routine are "second nature," acquired from the occult influences of childhood days. The training of our infancy is shown in our actions and dispositions.

In the care required for a baby's

comfort and growth nothing is so essential as the intelligent direction of food and sleep. The development of a child is in proportion to the nourishment it receives and the rest it has after the ingestion of its food. Consider how rapidly the weak, limp body of the new-born infant becomes firm

and strong; how soon the brain shows its growth, as each day the baby gains in knowledge of the objects around it; then reflect how careful must be the attention to the details of its management. The relative gain in mind and body of a child a few months old is much greater than it will be at any time in future life. The adaptations to the surroundings and customs of those who have the infant in charge are so indelibly stamped on its active brain that, in manhood or womanhood, the disagreeable habits which we see every day are often nothing but the expression of mismanagement in the nursery.

The Intelligent Arrangement of Nursing Hours.

The rapid growth of the mind and body requires for the system food that will nourish, given at such intervals as to allow of time for sleep, the great restorer. If the baby has the attention of its own mother and is fed from her breast, it is important to child and mother that the hours for nursing and sleeping should be intelligently arranged. It is important first, as we have explained, because the baby is growing, and needs to be regulated in the habits so conducive to its development and well-being in the present and future. Second, because it is the duty of every mother to give her offspring her personal care. The formation of character and the inculcation of principles governing the passions can be begun at birth, and the maternal instinct should never be so weak as to delegate these duties to a servant. If the mother has stated intervals for nursing and resting, she is better fitted

for the fulfilment of the sacred trust nature has imposed on her.

When the baby is born it cries, not, as many people think, because it is hungry, but because the crying is necessary to adapt the lungs to the different surroundings of the out-door world. The cry starts respiration and causes air to enter the lungs. Here is the first lesson—as this cry does not mean hunger, do not allow mistaken friends to fill the little stomach with food. Sugar and water, honey, milk and sugar are not needed and only lead to troubles of digestion. At the most, a spoonful of clear water with a little mint may be given. Sometimes this is helpful in clearing mucus from the throat.

Feeding During the First Few Days.

After the baby has been washed and dressed, and the mother has been made comfortable, the baby can be put to the breast. Although there will not be any milk, but only a watery substance, provided as a medicine for the baby's bowels, the application of the baby to the breast will be a help to draw out the nipples and prepare the way for the milk that will fill the breasts in a few days. The suckling aids the mother's convalescence, as it causes the womb to contract, thus preventing disease. When the baby has drawn what it can from the breasts it is to be placed in an easy position on its right side, so that it can sleep just as long as it will. It must not be awakened. Mother and child can rest together. If the baby awakens crying, it can be put to the breast even if there be nothing there, or it can be carried around the room until it is quiet, rather

than to feed it with some indigestible compound. To the moment of birth the baby was nourished by the mother's blood, and therefore does not need food the minute it opens its mouth.

For the first few days the baby will lose in weight, no matter what it is fed, and mothers should understand this so as to prevent ignorant nurses from imposing on them by saying that the baby is growing thin and must be fed. If the baby be well it will sleep most of the first day or two. Begin early the regular nursing that is to make both child and mother comfortable. For the first

week the baby can be nursed, if awake, once in an hour and a half or two hours. At night arrange to have the last nursing about nine o'clock, and, except in rare instances, the baby will not require the breast again until morning. If the child cries, a little water is often sufficient, for a cry is not always a sign of hunger, but often-er of repletion and indigestion. Once habituated, the baby will sleep for six or eight hours. The mother rests also, and is in better condition, physically and mentally, to perform her maternal duties.

The Mothers' Parliament.

Responsibility for Early Breaches of Confidence
Baby?"

"Auntie tellin' Baby sec'ets. Baby mustn't tell."

"Oh! Baby will tell *mamma!*"

"No, Baby *mustn't* tell. Auntie says Baby mustn't tell."

"What! Baby won't tell *mamma?* Mamma give Baby some sugar" (coaxingly).

But Baby shakes her curly head and refuses the dearly-loved bribe, though evidently very much disturbed in her mind between the rival attractions of sugar and loyalty to auntie.

"Won't you tell *mamma?* Poor mamma will cry."

Then the more than foolish mother puts her handkerchief to her face and, with forced sobs and pretended tears, works on her baby's feelings. The child hesitates, the little lip quivers, the little bosom heaves; then what the bribe of sugar could not do the pre-

"What is
auntie telling

tended grief accomplishes. "*Don't k'y, mamma; I tell 'ou.*" And the little one in a moment more has had stamped on her impressionable brain a lesson never to be forgotten—a lesson of bribery from her *mother*, to be false to her given word. Auntie laughs lightly, and shakes her finger, saying, "O Baby! Baby! auntie won't trust *you* very soon again." And the child looks from auntie to mamma, from mamma to auntie, with a vague feeling of discomfort and wonder. She can but feel that she has betrayed her trust, and, when she looks in mamma's face, she feels (though, of course, she does not form it in her mind) that she *too* has been betrayed. She *knows* that mamma has shed no tears, and that all her sobs have been pretended. But then her mother and aunt laugh, so it must be funny, and she, perforce, laughs too.

O unwise mother! O cruel mother! to lay the foundation for a lax moral-

ity. Whom will that mother have to blame when, in future years, her daughter deceives her or her son proves false to his position of trust?

Where you hear in a household, as a sort of family joke, "Oh! *he* never comes in when he says he will; we never expect him," or "We never trust *her* with a secret; she couldn't keep one to save her life," you may set it down as infallible that there is something radically wrong in the training of the children of that household. Where such things exist, spite of all care, as they will sometimes, the matter is one of very serious import, and as such is not one fit for joking.

Never treat lightly in a child, no matter how young it be, a broken promise. A promise is a promise, and as such should be kept sacred, no matter of how small intrinsic importance. Teach children as early as possible that to break a promise or to prove indifferent to an obligation is no light matter. Were this a thing more earnestly attended to in early childhood the world would not be so rife with "vows lightly made, lightly kept," be they those made privately for the good of a few or those made publicly for the good of the many.

"Would you have a child keep a secret from her mother?" There is many an innocent little secret a child may keep to itself without injury to any one, but if a mother be judicious she may gain the entire confidence of her children. She may gain such an influence over them that "mother" is the first thought as a repository for a secret. But never let her force or bribe her child to violate a confidence re-

posed in it. She does it at the peril of eternal harm to the child.

Should she suspect anything absolutely wrong let her work in every other way to discover the truth. This she will not be long in doing, if she have the wit which "puts two and two together."

"My boy," said one mother to her son, "you are going to school for the first time among other boys. You will find plenty to tell you all sorts of things. When a boy says, 'I'm going to tell you something, but don't you tell,' ask him if you may not tell your mother; if not, don't listen, for in nine cases out of ten it will be something you ought not to hear."

All this did not make a molly-coddle of the boy. On the contrary, there are few more manly little chaps than he; but he despises anything he cannot talk over with his mother (though nothing of a tale-bearer), and she is just as much interested to hear of the last game of baseball and its results now as she was to notice his block-houses when they reached a marvellous height through his baby hand. He and his mother are "the best friends," with many interests in common; but when he seems to have something which he apparently does not wish to tell she wisely does not even notice it; she feels sure that she "will know all about it when the time comes"; and, in their mutual confidence, the fact of his having a secret from her does not worry her.—E. C.

Another Diversion
for the Bath-
Hour.

One of my children had the greatest aversion to water, beginning to bawl the mo-

ment she was placed in the tub, and continuing this musical strain until I was nearly distracted. One day, in a fit of desperation, I seized upon the first thing that presented itself, which was a large cork lying on the floor, and dropped it in the water. I suppose the baby thought it was alive, for she put out her hands trying to catch it, and really forgot to cry. After that I generally contrived to have a cork convenient at the bath-hour.—*D. O.*

Not Always
Temper.

I was very much interested in the article in a recent number regarding temper in young children. My little boy was affected in the same manner at the early age of eighteen months. He would lose his breath, turn black in the face, and remain unconscious for some minutes, distressing me beyond description. The cold-water treatment was then adopted, but proved only a temporary remedy, as the attacks continued every day, and often from the least provocation. I was convinced that these symptoms did not proceed from temper alone, and thought it might indicate brain disturbance. I consulted a physician, who thought the brain became suddenly suffused with blood, causing this tendency to faint, and that in time it would pass away. It continued, however, until he was four years old, when I concluded to have his curls cut off on account of the warm weather. I never ceased to be thankful for the idea, as from that time the attacks stopped, and he is now a fine, healthy boy of ten years, with a well-shaped head containing an unusual amount of intelligence.—*N.*

A Firm Father and a
Tender-Hearted
Mother.

Where the discipline of a child is concerned there are very apt to be conflicting opinions between the father and mother, which often lead the one to interfere with a method of punishment which is being carried out by the other. This should never be done in the presence of the child, who will quickly appreciate the situation and take advantage of it, for our children are often wiser than we realize. For instance, we decided that our little boy should have his fingers snapped as a reminder of the determination to break up the habit of sucking his thumb; and whenever his father and I were in the room with him, and the little fellow would forget himself, he would bravely come up to me, and, holding up his wet little thumb, he would ask me to "please snap it." I was much touched by his honesty until I found that his father snapped very much harder than I did, and, rather than risk discovery from his watchful eyes, the culprit would turn "state's evidence" and plead guilty.

This same firm father is a much better disciplinarian than the tender-hearted, yielding mother, and most of the discipline falls to his lot. He always explains quietly afterward to our boy why the punishment was inflicted, and never lets him go away angry, or until he realizes that true love prompted the seeming harshness.

Once when this father was chastising the naughty boy I ran up and begged that he might not be punished any more. To the surprise of both of us, the brave little three-year-old checked his sobs and, looking up with

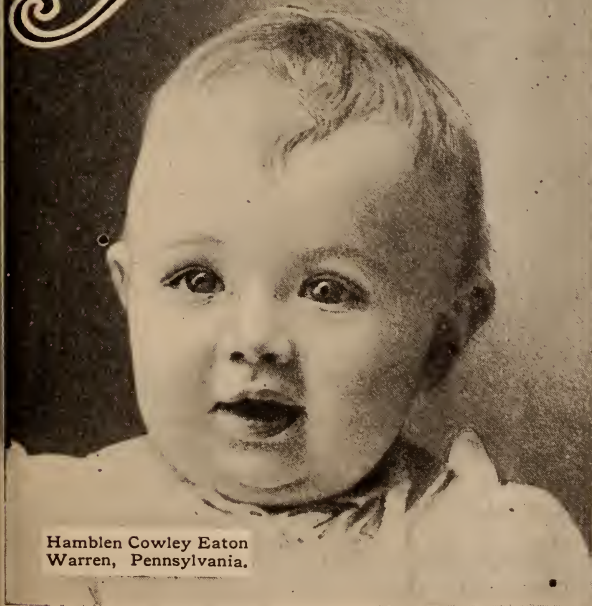
the big tears in his eyes, he cried out: "You go away, mamma, and let us alone. *Papa* will look after me!" I confess that I meekly stole away, resolving that I would never again be guilty of interfering with the edict of justice, however severe. The little sinner knew that he would not be punished a bit more than he deserved, and that it was all done for his good, hard as it might be.—*E. H.*

A Youthful Admirer of
Uncle Remus.

My small son has made himself worthy of mention in your delightful columns, as I think you will agree with me when I give his *mot*. It will only be intelligible to readers and lovers of "Uncle Remus."

Caroline, five years old, is devoted to the "Uncle Remus" stories, which I read in their dialect; and, though she has never come in contact with negroes, she thoroughly understands and delights in the tales. Alton, trotting about the room, listens as babies do, and likes to look at the absurd illustrations, and can point out "Bwer Tehpin"—which is his nearest approach to "Tarrypin"—and "The day," as he calls "Miss Meadows and the gals." For some time, a couple of weeks—Uncle Remus has been rather in the background, and stories about Santa Claus have been uppermost. At dinner to-day, Alton, who

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likes to feed himself, struggled vainly to get some minced chicken on his fork, but only a few breadcrumbs remained where the chicken had been. After several vain efforts, this small boy turned to me and said: "He diggy, diggy, diggy, but no meat da." The words are an exact quotation from the story of "How Brer Rabbit Saved

His Meat." We were so astonished that we made the child repeat his words, which he did, and added, "Man in booka." The little fellow is just putting words together, and is two years and three weeks old. Don't you think it an unusual sign of mental vigor to remember and to apply such a saying?—H. S.

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Babyhood

The Mother's Nursery Guide.

XVIII. No. 205
DECEMBER
1901



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Babyhood Publishing Co.,
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New York.

Published Monthly.
\$1.00 a Year,
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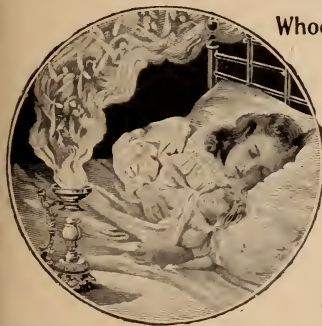
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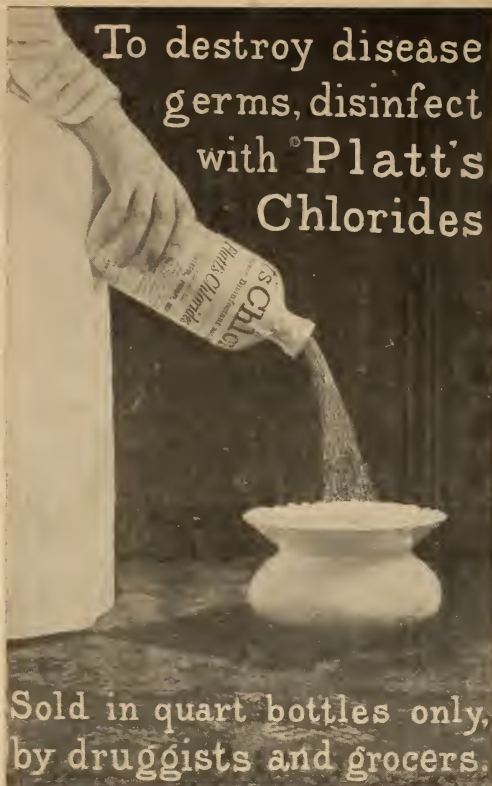
Many other articles of moderate cost, particularly appropriate for Christmas Gifts, are described in our new Catalogue of Things for Children (send 4 cents for postage) containing OVER ONE THOUSAND ILLUSTRATIONS.

We have no agents.

Our goods sold only at this one store.

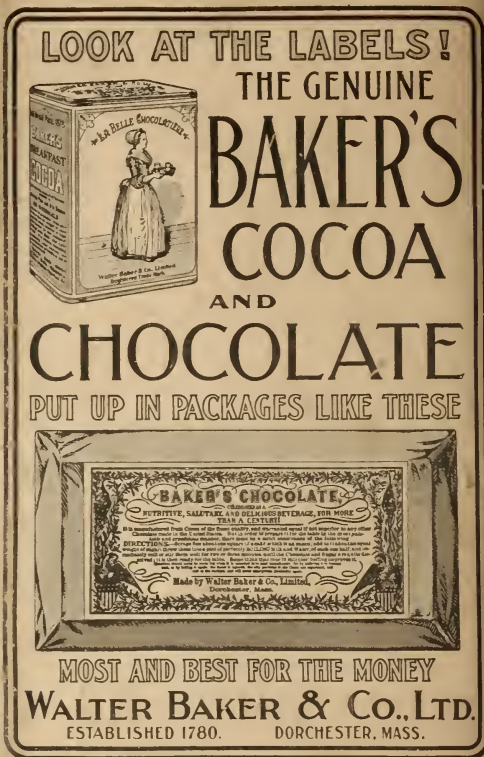
Address Dep't 25, 60-62 W. 23d St., N.Y.

To destroy disease
germs, disinfect
with **Platt's
Chlorides**



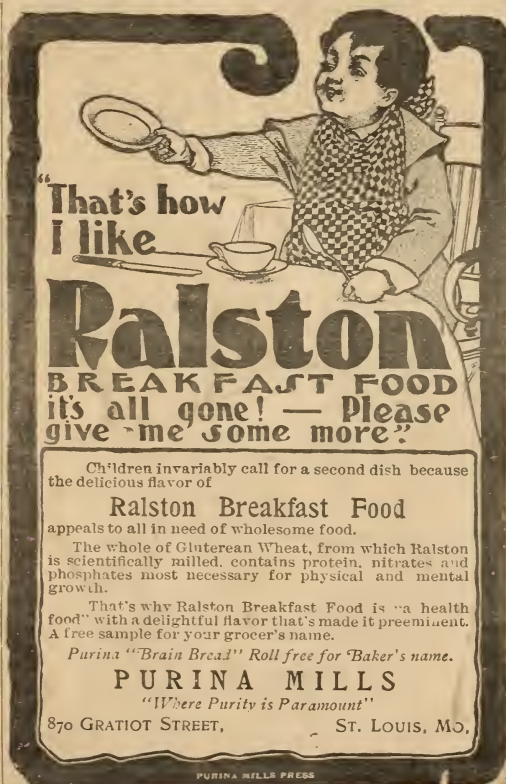
Sold in quart bottles only,
by druggists and grocers.

LOOK AT THE LABELS!
THE GENUINE
**BAKER'S
COCOA**
AND
CHOCOLATE
PUT UP IN PACKAGES LIKE THESE



MOST AND BEST FOR THE MONEY
WALTER BAKER & Co., LTD.
ESTABLISHED 1780. DORCHESTER, MASS.

"That's how
I like



Ralston
BREAKFAST FOOD
it's all gone! — Please
give me some more."

Children invariably call for a second dish because
the delicious flavor of

Ralston Breakfast Food
appeals to all in need of wholesome food.

The whole of Gluterean Wheat, from which Ralston
is scientifically milled, contains protein, nitrates and
phosphates most necessary for physical and mental
growth.

That's why Ralston Breakfast Food is "a health
food" with a delightful flavor that's made it preeminent.
A free sample for your grocer's name.

Purina "Brain Bread" Roll free for Baker's name.

PURINA MILLS
"Where Purity is Paramount"

870 GRATIOT STREET, ST. LOUIS, MO.

PURINA MILLS PRESS

MENNEN'S



**BORATED
TALCUM**

**TOILET
POWDER**

Delightful After Bathing, A Luxury After Shaving
— A positive relief for **PRICKLY HEAT, CHAFING
AND SUNBURN**, and all afflictions of the skin. Removes all
odor of perspiration. **Get MENNEN'S** (the original)
a little higher in price, perhaps, than worthless substi-
tutes, but there is a reason for it.

Sold everywhere, or mailed for 25 cents. (Sample free.)
GERHARD MENNEN CO., Newark, N. J.



Babyhood

The Mother's Nursery Guide.

XVIII. No. 206
JANUARY
1902



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Babyhood Publishing Co.
5 Beekman Street,
New York.

IN THE
BABY'S
BATH



USE POND'S EXTRACT

Healing, Cooling, Comforting.

Cures Prickly Heat, Chafing, Rash, Hives, and all irritations. Invigorates and freshens the heated skin, soothes and comforts the little body

SIXTY YEARS A HOUSEHOLD FRIEND.

CAUTION! Avoid dangerous, irritating Witch Hazel preparations, represented to be "the same as" Pond's Extract. They are weak, watery and often contain "wood alcohol," which irritates the skin and, taken internally, is a deadly poison. Insist upon **GENUINE POND'S EXTRACT**, sold **ONLY** in **SEALED** bottles enclosed in **BUFF** wrappers.



Baby Educator.

HARD, NUTRITIOUS CRACKER.

For the purposes of a teething ring and at the same time nourishing and satisfying. It also comforts babies hours at a time.

Sold by Druggists and Grocers.

Box, 20 cts. By mail, 25 cts.

**OR FOOD STORE,
BOSTON, MASS.**

Important Information About VASELINE

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These suggestions are in addition to our circular showing the many and varied uses of Vaseline in the family as a remedy.

What is however, most important of all is that "VASELINE" only should be used. The imitation sold by many druggists under the various names Petrolatum, petroleum jelly, &c., &c., will not answer and are not safe.

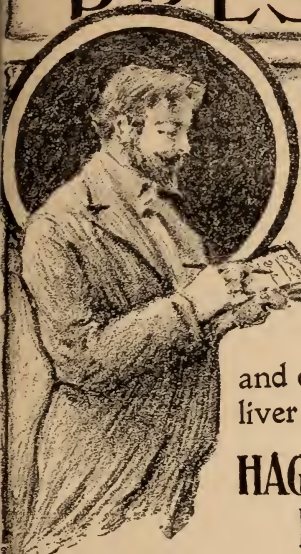
Refuse everything of this kind except the genuine Vaseline made by us.

The word "VASELINE" is our trade mark and no one else has the right to use it.

CHESEBROUGH MANUFACTURING COMPANY
(Consolidated)

24 STATE STREET. NEW YORK

DESCRIBE —



CORD.OL.MORRHUAE COMP (HAGEE)

— COD LIVER OIL —

Possesses Certain Principles of Great Medicinal Value.

These curative principles are all the physician requires in the treatment of conditions where cod liver oil is indicated. By a scientific process the grease is removed, and only the active principles from the purest cod liver oil are employed in the manufacture of

HAGEE'S CORDIAL of COD LIVER OIL with HYPOPHOSPHITES of LIME & SODA.

Tonic, nutritive, reconstructive, effective, pleasant to take, and accepted by the weakest stomach.

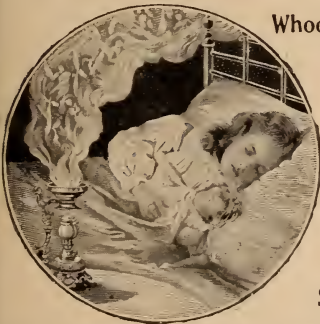
DISPENSED IN 16-OZ. BOTTLES
BY ALL DRUGGISTS.

KATHARMON CHEMICAL CO., St. Louis, Mo.



Vapo-Cresolene

CURES WHILE YOU SLEEP



Whooping Cough,
Croup,
Bronchitis,
Coughs,
Grip,
Hay Fever,
Diphtheria,
Scarlet Fever.

Don't fail to use CRESOLENE for the distressing and often fatal affections for which it is recommended. For more than twenty years we have had the most conclusive assurances that there is nothing better. Ask your physician about it.

An interesting descriptive booklet is sent free, which gives the highest testimonials as to its value.

ALL DRUGGISTS.

VAPO-CRESOLENE CO., 180 Fulton St., New York.

BEST & CO

LILIPUTIAN BAZAAR



50c.
Infants' Short Dress,

nainsook, gathered full from neck, sleeves and neck finished with embroidered ruffle, skirt with deep hem; sizes, 6 months, 1 and 2 years.

By mail, postage paid,
4c. extra.

Other articles of moderate cost—many of which are to be found only at the children's store—are described in our new catalogue of things for children, containing

OVER 1,000 ILLUSTRATIONS,

(sent for 4 cents postage.)

We have no agents,

Our goods sold only at this one store.

Address Dep't 25,

60-62 W. 23d St., N. Y

In the Nursery



To destroy disease germs, prevent contagion and maintain health the use of Platt's Chlorides, twice a week for disinfecting all suspected places in the nursery, is recommended by Louis Starr, M.D., Professor Children's Diseases, Univ. Penn., and Physician to Children's Hospital, Phila.

LOOK AT THE LABELS!

THE GENUINE

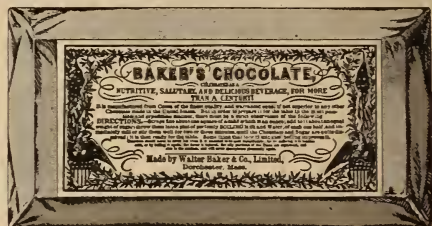


**BAKER'S
COCOA**

AND

CHOCOLATE

PUT UP IN PACKAGES LIKE THESE



MOST AND BEST FOR THE MONEY

WALTER BAKER & Co., LTD.

ESTABLISHED 1780.

DORCHESTER, MASS.



"That's how
I like

Ralston
BREAKFAST FOOD
it's all gone! — Please
give me some more!"

Children invariably call for a second dish because the delicious flavor of

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appeals to all in need of wholesome food.

The whole of Gluterean Wheat, from which Ralston is scientifically milled, contains protein, nitrates and phosphates most necessary for physical and mental growth.

That's why Ralston Breakfast Food is "a health food" with a delightful flavor that's made it preeminent. A free sample for your grocer's name.

Purina "Brain Bread" Roll free for Baker's name.

PURINA MILLS

"Where Purity is Paramount"

870 GRATIOT STREET,

ST. LOUIS, MO.

PURINA MILLS PRESS

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Sold everywhere, or mailed for 25 cents. (Sample free.)
GERHARD MENNEN CO., Newark, N. J.



Babyhood

The Mother's Nursery Guide.

XVIII. No. 207
FEBRUARY
1902



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Babyhood Publishing Co.,
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Published Monthly.
\$1.00 a Year.
10 Cents a Number.

IN THE
BABY'S
BATH



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Healing, Cooling, Comforting.

Cures Prickly Heat, Chafing, Rash, Hives, and all irritations. Invigorates and freshens the heated skin, soothes and comforts the little body

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Baby Educator.

A HARD, NUTRITIOUS CRACKER.

It serves the purposes of a teething ring and is at the same time nourishing and satisfying. It entertains and comforts babies hours at a time.

They're Sold by Druggists and Grocers.
Six in a Box, 20 cts. By mail, 25 cts.

EDUCATOR FOOD STORE,
205 TREMONT ST., BOSTON, MASS.

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CHESEBROUGH MANUFACTURING COMPANY

(Consolidated)

24 STATE STREET. NEW YORK

NESTLÉ'S FOOD

"MARK MY WORDS
NESTLÉ'S FOOD IS BEST
FOR BABIES"

WHEN the Stork has brought the Baby, Nestlé's Food will keep the Baby. Nestlé's Food is the perfect food for infants, made in the same careful way for thirty-five years, to provide health, strength, bone and muscle for babies all over the world. It is not expensive (50 cents for a pound tin), and is safe. It requires the addition of water only (no milk) in preparation, as the basis of Nestlé's Food is the purest of cow's milk properly modified.

Let us send you, free of charge, a half-pound package of Nestlé's Food for trial and our Book for Mothers. Our Book for Mothers says a little about Nestlé's Food, but a great deal about the care of babies and young children.

Send us a postal card.

HENRI NESTLÉ, 73 Warren St., New York.





Diphtheria

prevails in Winter when ventilation is imperfect.

To insure pure air in the home purify the waste pipes, sinks, cellars, closets, and all suspected places with

Platt's Chlorides, ***The Household Disinfectant.***

An odorless, colorless liquid; powerful, safe, and cheap; sold in quart bottles only, by druggists, high-class grocers, and house-furnishing dealers. Prepared only by Henry B. Platt, Platt St., New York.

LOOK AT THE LABELS!

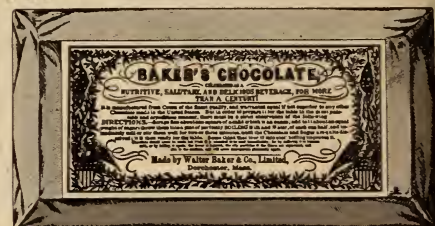
THE GENUINE

BAKER'S COCOA

AND

CHOCOLATE

PUT UP IN PACKAGES LIKE THESE



MOST AND BEST FOR THE MONEY

WALTER BAKER & Co., LTD

ESTABLISHED 1780.

DORCHESTER, MASS.

GET A WAGON
FREE,

-FOR YOUR
CHILDREN



Ralston

PURINA CEREALS

Send us \$2.00 and your grocer's name and we will send you FREIGHT PAID, (everywhere east of Rocky Mts.) an elegant WAGON, strongly built, iron axles, containing Two Dollars' worth of Cereals—5 packages of Ralston Breakfast Food, 1 of Oats, 1 of Barley, 1 of Pancake Flour, 1 of Hominy Grits and 2-12 lb. sacks of Purina Health Flour. The Wagon is Free. Only one to a family.

PURINA MILLS,

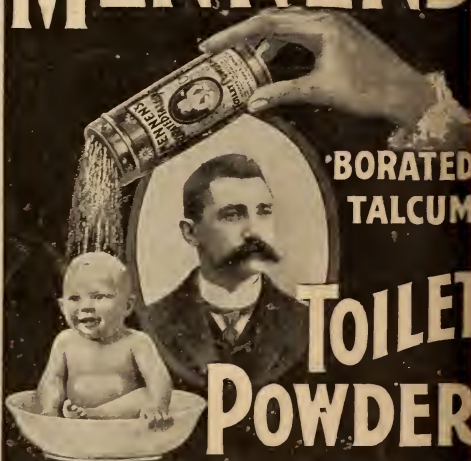
"Where Purity is Paramount"

870 Gratiot Street,

St. Louis, Mo.

PURINA MILLS-PRESS

MENNEN'S



Delightful After Bathing, A Luxury After Shaving

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Sold everywhere, or mailed for 25 cents. (Sample free.)

GERHARD MENNEN CO., Newark, N. J.



Babyhood

The Mother's Nursery Guide.

XVIII. No. 208
MARCH
1902



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CHESEBROUGH MANUFACTURING COMPANY,
(Consolidated)

24 STATE STREET. NEW YORK.

Baby's First Lesson

Nestlé's Food

is best for babies



NESTLÉ'S FOOD

has stood the most exacting test of several generations. It is so easily assimilated that the most delicate baby thrives on it. Made only of pure cows' milk and needs only water to prepare it for use.

Let us send you, free of charge, a half-pound package of Nestlé's Food for trial and our Book for Mothers. Our Book for Mothers says a little about Nestlé's Food, but a great deal about the care of babies and young children.

Send us a postal card.

HENRI NESTLÉ
73 Warren Street, New York

Accident-Proof Crib



THE FOSTER IDEAL CRIB protects the child from accident when alone. It does the work of a maid by day and serves as an annex to the mother's bed at night. The sides may be raised or lowered at will. The spindles are but 4 inches apart. The head and foot 44 inches high and the sides 22 inches above the high grade woven wire spring. These dimensions are absolute proof against accidents and you will find them only in the **Foster Ideal Crib**. These cribs are finished in white or colors. Enterprising dealers sell them. If yours don't we will supply you direct. In either case send for our free booklet, *"Wide Awake Facts About Sleep."*

FOSTER BROS. MFG. CO.

102 Broad Street, - - - Utica, N. Y.

MANUFACTURERS OF FAMOUS FOSTER IDEAL SPRING-BEDS.

J. F. Hayes' Oat Food

For infants and invalids. contains more phosphates, carbonates, and albumin than wheat preparations. Makes more brain, bone, and muscle, causes no bowel irritation. Contains iron and a bitter principle as tonics. We call particular attention to Dr. Jacobi's address at International Medical Congress, 1900.

Process of preparation destroys all insect life and causes the food to keep indefinitely. All the starch is converted into dextrine, and the food can be used without cooking.

More than Pleased.

"I am more than pleased with Hayes' Oat Food," writes a reader of **BABYHOOD**. "Baby thrives on it."

Her Curiosity Was Satisfied.

Writes a young mother: "I had never heard of Hayes' Oat Food, so, with the consent of my physician, I wrote for a package, and am glad I did so. I am more than pleased with it, and shall use it for Baby altogether."

J. F. HAYES PHARMACEUTICAL CO.,

108 S. 13th Street, Philadelphia, Pa.



Mary! I want you to pour just a little Platt's Chlorides into the sink every night, to keep the waste-pipes clean and free from smell and germs.

Platt's Chlorides, ***The Odorless Disinfectant.***

A colorless liquid; powerful, safe and economical. Sold in quart bottles only, by druggists and high-class grocers. Prepared only by HENRY B. PLATT, Platt St., New York.

DELICIOUS DRINKS
and DAINTY DISHES
are made from

BAKER'S BREAKFAST COCOA



ABSOLUTELY PURE

Unequaled for smoothness, delicacy, and flavor

Our Choice Recipe Book will tell you how to make Fudge, and a great variety of dainty dishes, from our Cocoa and Chocolate. Sent FREE to any address

WALTER BAKER & CO. Limited

ESTABLISHED 1780 **DORCHESTER, MASS.**

**GET A WAGON
FREE, - FOR YOUR
CHILDREN**



Ralston **PURINA CEREALS**

Send us \$2.00 and your grocer's name and we will send you FREIGHT PAID, (everywhere east of Rocky Mts.) an elegant Wagon, strongly built, iron axles, containing Two Dollars' worth of Cereals—5 packages of Ralston Breakfast Food, 1 of Oats, 1 of Barley, 1 of Pankake Flour, 1 of Hominy Grits and 2-12 lb. sacks of Purina Health Flour. The Wagon is Free. Only one to a family.

PURINA MILLS,

850 Gratiot Street,

St. Louis, Mo.

PURINA MILLS PRESS

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Babyhood

The Mother's Nursery Guide.

XVIII. No. 209
APRIL
1902



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Babyhood Publishing Co.,
5 Beekman Street,
New York.

Published Monthly.
\$1.00 a Year.
10 Cents a Number.

Your Old Friend



Antikamnia & Codeine Tablets



(ONE OR TWO EVERY THREE HOURS)

Should be Consulted

Particularly for Severe Women's Pains

The Antikamnia Chemical Company,

(SAMPLES AND LITERATURE ON APPLICATION.)

St. Louis, U.S.A.



Baby Educator.

A HARD, NUTRITIOUS CRACKER.

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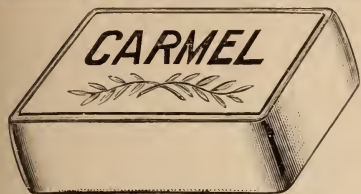
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CHESEBROUGH MANUFACTURING COMPANY,
(Consolidated)

24 STATE STREET, NEW YORK.



MOTHERS' WANT TO USE

that which will keep the baby's skin soft and free from skin diseases.

OLIVE OIL

is recognized as the one thing in toilet articles to do it.

Carmel Soap

is made wholly of

Pure, Sweet Olive Oil,

and made right where the olives grow, at Mount Carmel, Palestine. Nothing can be more necessary to the nursery than such a soap.

SOLD BY DRUGGISTS AND LEADING GROCERS.

Imported by A. KLIPSTEIN & CO.,
122 Pearl St., New York.

Accident-Proof Crib



THE FOSTER IDEAL CRIB protects the child from accident when alone. It does the work of a maid by day and serves as an annex to the mother's bed at night. The sides may be raised or lowered at will. The spindles are but 4 inches apart. The head and foot 44 inches high and the sides 22 inches above the high grade woven wire spring. These dimensions are absolute proof against accidents and you will find them only in the **Foster Ideal Crib**. These cribs are finished in white or colors. Enterprising dealers sell them. If yours don't we will supply you direct. In either case send for our free booklet, "*Wide Awake Facts About Sleep*."

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Vapo-Cresolene

CURES WHILE YOU SLEEP

Whooping Cough,

Croup,

Bronchitis,

Coughs,

Grip,

Hay Fever,

Diphtheria,

Scarlet Fever.



Don't fail to use CRESOLENE for the distressing and often fatal affections for which it is recommended. For more than twenty years we have had the most conclusive assurances that there is nothing better. Ask your physician about it.

An interesting descriptive booklet is sent free, which gives the highest testimonials as to its value.

ALL DRUGGISTS.

VAPO-CRESOLENE CO., 180 Fulton St., New York.

J. F. Hayes' Oat Food

For infants and invalids. contains more phosphates, carbonates, and albumin than wheat preparations. Makes more brain, bone, and muscle, causes no bowel irritation. Contains iron and a bitter principle as tonics. We call particular attention to Dr. Jacobi's address at International Medical Congress, 1900.

Process of preparation destroys all insect life and causes the food to keep indefinitely. All the starch is converted into dextrine, and the food can be used without cooking.

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Her Curiosity Was Satisfied.

Writes a young mother: "I had never heard of Hayes' Oat Food, so, with the consent of my physician, I wrote for a package, and am glad I did so. I am more than pleased with it, and shall use it for Baby altogether."

J. F. HAYES PHARMACEUTICAL CO.,

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Philadelphia, Pa.



In house-cleaning a little Platt's Chlorides mixed in water to wipe wood-work and sprinkle floors destroys disease germs, moths, insect larvæ, etc., and insures thorough cleanliness.

Platt's Chlorides,

The Odorless Disinfectant

A colorless liquid: powerful, safe, and economical. Sold in quart bottles only, by druggists and high-class grocers. Prepared only by HENRY B. PLATT, Platt St., New York.

DELICIOUS DRINKS
and DAINTY DISHES
are made from

BAKER'S BREAKFAST COCOA



ABSOLUTELY PURE

Unequaled for smoothness, delicacy, and flavor

Our Choice Recipe Book will tell you how to make Fudge, and a great variety of dainty dishes, from our Cocoa and Chocolate. Sent FREE to any address

WALTER BAKER & CO. Limited

ESTABLISHED 1780 **DORCHESTER, MASS.**

**GET A WAGON
FREE,**

**FOR YOUR
CHILDREN**



Ralston PURINA CEREALS

Send us \$2.00 and your grocer's name and we will send you FREIGHT PAID, (everywhere east of Rocky Mts.) an elegant WAGON, strongly built, iron axles, containing Two Dollars' worth of Cereals—5 packages of Ralston Breakfast Food, 1 of Oats, 1 of Barley, 1 of Pancake Flour, 1 of Hominy Grits and 2-12 lb. sacks of Purina Health Flour. The Wagon is Free. Only one to a family.

PURINA MILLS,

"Where Purity is Paramount"

850 Gratiot Street,

St. Louis, Mo.

PURINA MILLS PRESS

MENNEN'S



Delightful After Bathing, A Luxury After Shaving

A positive relief for PRICKLY HEAT, CHAFING and SUNBURN, and all afflictions of the skin. Removes all odor of perspiration. **Get MENNEN'S** (the original) a little higher in price, perhaps, than worthless substitutes, but there is a reason for it.

Sold everywhere, or mailed for 25 cents. (Sample free.)
GERHARD MENNEN CO., Newark, N. J.



Babyhood

The Mother's Nursery Guide.

XVIII. No. 210
MAY
1902



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Babyhood Publishing Co.,
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Published Monthly.
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Your Old Friend



Antikamnia & Codeine Tablets



(ONE OR TWO EVERY THREE HOURS)

Should be Consulted

Particularly for Severe Woman's Pains

The Antikamnia Chemical Company,

(SAMPLES AND LITERATURE ON APPLICATION)

St. Louis, U.S.A.



Baby Educator.

A HARD, NUTRITIOUS CRACKER.

It serves the purposes of a teething ring and is at the same time nourishing and satisfying. It entertains and comforts babies hours at a time.

They're Sold by Druggists and Grocers.
Six in a Box, 20 cts. By mail, 25 cts.

EDUCATOR FOOD STORE,
205 TREMONT ST., BOSTON, MASS.

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What is however, most important of all is that "VASELINE" only should be used. The imitation sold by many druggists under the various names Petrolatum, petroleum jelly, &c., &c., will not answer and are not safe.

Refuse everything of this kind except the genuine Vaseline made by us.

The word "VASELINE" is our trade mark and no one else has the right to use it.

CHESEBROUGH MANUFACTURING COMPANY

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A Child's Appetite.

Children are born with natural, unperverted appetites. They relish the food that is best for them. They like Quaker Oats.

Over-indulgent parents often foster a dangerous craving for unwholesome food by allowing children to eat heavy pastry, rich sweets, and stimulating meat. Beware of this danger. Do not spoil their natural appetites. Give them plenty of Quaker Oats.

The best breakfast porridge in the world is made from Quaker Oats, besides this daily use, clever housekeepers have learned that Quaker Oats also make wholesome and delicious Bread, Mullins, Cakes, Soups and Puddings. At Grocers in 2-lb. packages

Our Cereal Cook Book, edited by Mrs. Rorer, gives hundreds of delightful innovations and valuable recipes. Write for it. We send it free.

THE AMERICAN CEREAL CO.,

Monadnock Bldg., Chicago, Ill.

**Quaker
Oats**
FOR
CHILDREN

**EAT MORE
Quaker
Oats
LESS MEAT**

House - Cleaning Time

In house cleaning a little Platt's Chlorides should be mixed with the water when sprinkling floors or wiping wood-work. Disease germs are thus destroyed and thorough cleanliness ensured.

Platt's Chlorides

The odorless disinfectant

An odorless, colorless liquid; powerful, safe and economical. Sold in quart bottles only, by Drug-gists and high-class Grocers. Manufactured by Henry B. Platt, Platt St., N. Y.

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GET A WAGON FREE FOR YOUR CHILDREN



Ralston

PURINA CEREALS

Only One Wagon to a Family.

Send us \$2.00 and your grocer's name and we will send you FREIGHT PAID, (everywhere east of the Rocky Mountains,) an elegant Wagon, strongly built, with iron axles, size 2 feet long by 14 inches wide, containing 5 pkgs. Ralston Breakfast Food, 1 pkg. Ralston Health Oats, 1 pkg. Ralston Barley Food, 1 pkg. Purina Pan-kake Flour, 1 pkg. Ralston Hominy Grits and 2-12 lb. sacks Purina Health Flour,—\$2.00 worth of Cereals.

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"Where Purity is Paramount"

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BORATED
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TOILET POWDER

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XVIII. No. 211

JUNE

1902



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CHESEBROUGH MANUFACTURING COMPANY

(Consolidated)

24 STATE STREET. NEW YORK



There is none other than **"THE MILKY WAY"**

when it comes to proper food for infants. It is Nature's way, and Nature's food.

NESTLÉ'S FOOD

has saved the lives of and properly nourished thousands of babies who have grown into strong men and women and brought up their children upon it in turn. It needs no added milk in preparation, because it is itself made from the purest of milk. It has been the most approved infants' food with three generations. With Nestlé's Food so universally used and so easily obtained, why experiment with others?

Let us send you, free of charge, a half-pound package of Nestlé's Food for trial, and our "Book for Mothers." This says a little about Nestlé's Food, but a great deal about the care of babies and young children. Send us a postal card.

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Platt's Chlorides

the Odorless
Disinfectant

Destroys Disease Germs.
Sold in quart bottles only
Druggists and Grocers

Prepared by Henry B. Platt, New York

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DELICIOUS FOODS
FOR SUMMER WEATHER

Ralston



BREAKFAST FOOD AND

FRUIT



Ralston Breakfast Food

is the only cereal that forms an ideal, natural combination with fruit. Nothing could be more delicious, cooling and healthful for a summer breakfast than a dish of Ralston served with fresh, ripe strawberries and cream.

Cooks in Five Minutes.

Try it—a 2-lb. checkerboard package costs only 15 cents at your grocer's—a week's supply for an average family.

A Sample Free for your Grocer's Name.

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"Where Purity is Paramount"

850 Gratiot Street,

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DELICIOUS DRINKS
and DAINTY DISHES
are made from

BAKER'S BREAKFAST COCOA



ABSOLUTELY PURE
Unequaled for smoothness, delicacy, and flavor

Our Choice Recipe Book will tell you how to make Fudge, and a great variety of dainty dishes, from our Cocoa and Chocolate. Sent FREE to any address

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ESTABLISHED 1780 DORCHESTER, MASS.

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**BORATED
TALCUM**

TOILET POWDER

Delightful After Bathing, A Luxury After Shaving

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GERHARD MENNEN CO., Newark, N. J.



Babyhood

The Mother's Nursery Guide.

VI. XVIII. No. 212

JULY

1902



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IN THE
BABY'S
BATH



USE POND'S EXTRACT

Healing, Cooling, Comforting.

Cures Prickly Heat, Chafing, Rash, Hives, and all irritations. Invigorates and freshens the heated skin, soothes and comforts the little body

SIXTY YEARS A HOUSEHOLD FRIEND.

CAUTION! Avoid dangerous, irritating Witch Hazel preparations, represented to be "the same as" Pond's Extract. They are weak, watery and often contain "wood alcohol," which irritates the skin and, taken internally, is a deadly poison. Insist upon **GENUINE POND'S EXTRACT**, sold **ONLY** in **SEALED** bottles enclosed in **BUFF** wrappers.



Baby Educator.

A HARD, NUTRITIOUS CRACKER.

It serves the purposes of a teething ring and is at the same time nourishing and satisfying. It entertains and comforts babies hours at a time.

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What is how-ever, most important of all is that "VASELINE" only should be used. The imitations sold by many druggists under the various names, Petrolatum, petroleum jelly, &c., &c., will not answer and are not safe.

Refuse everything of this kind except the genuine Vaseline made by us.

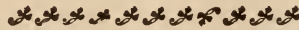
The word "VASELINE" is our trade mark and no one else has the right to use it.

CHESEBROUGH MANUFACTURING COMPANY,
(Consolidated)

24 STATE STREET. NEW YORK.

...THE...

"GERTRUDE" BABY SUIT.



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The suit was devised by L. C. Grosvenor, M.D. Since first brought out by *BABYHOOD*, in 1886, it has been a never-failing source of comfort and satisfaction to every mother who has used it.

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A sheet of pattern outlines, with full descriptive pamphlet, reprinted from *BABYHOOD*, will be mailed on receipt of price, 25 cents.

BABYHOOD PUBLISHING CO.,
5 BEEKMAN ST., NEW YORK.

Germ's

develop rapidly in hot weather. Cesspools, closets, cellars, sinks, and all waste-carrying arrangements should be frequently disinfected to prevent sickness.

Platt's Chlorides

The Odorless Disinfectant

A colorless liquid; powerful, safe, and economical. Sold in quart bottles only, by druggists, high-class grocers and house-furnishing dealers. Manufactured by Henry B. Platt, New York.

J. F. Hayes' Oat Food

For infants and invalids, contains more phosphates, carbonates, and albumin than wheat preparations. Makes more brain, bone, and muscle, causes no bowel irritation. Contains iron and a bitter principle as tonics. We call particular attention to Dr. Jacobi's address at International Medical Congress, 1900.

Process of preparation destroys all insect life and causes the food to keep indefinitely. All the starch is converted into dextrine, and the food can be used without cooking.

More than Pleased.

"I am more than pleased with Hayes' Oat Food," writes a reader of BABYHOOD. "Baby thrives on it."

Her Curiosity Was Satisfied.

Writes a young mother: "I had never heard of Hayes' Oat Food, so, with the consent of my physician. I wrote for a package, and am glad I did so. I am more than pleased with it, and shall use it for Baby altogether."

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108 S. 13th Street, Philadelphia, Pa.

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Here's Health at **15¢** a Package.

Ralston

The Great Summer Food

Begin the day right with Nature's offering—a cooling and nutritious cereal. The whole wheat grain (so rich in gluten) carefully cleaned and scientifically milled makes this ideal cereal—Ralston Breakfast Food.

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850 Gratiot Street, St. Louis, Mo.

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BORATED TALCUM TOILET POWDER

Delightful After Bathing, A Luxury After Shaving

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Babyhood

The Mother's Nursery Guide.

XVIII. No. 213
AUGUST
1902



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CHILDREN'S STOMACHS

Require Hot Weather Care.
Physicians Prescribe Cooling,
Nourishing Foods. *o o o o*

CHALMERS' GRANULATED OR SHREDDED GELATINE



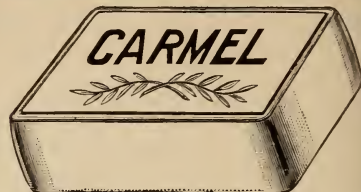
Makes a Host of
Tempting Sum-
mer Delicacies.
Nutritive and
Easily Digested.

The children like it.

ALL GROCERS



For Free Sample and Book of Recipes address
James Chalmers' Son, Williamsville, N. Y.



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that which will keep the baby's skin
soft and free from skin diseases.

OLIVE OIL

is recognized as the one thing in
toilet articles to do it.

Carmel Soap

is made wholly of

Pure, Sweet Olive Oil,

and made right where the olives
grow, at Mount Carmel, Palestine.
Nothing can be more necessary to
the nursery than such a soap.

SOLD BY DRUGGISTS AND LEADING GROCERS.

Imported by A. KLIPSTEIN & CO.,
122 Pearl St., New York.



Baby Educator.

A HARD, NUTRITIOUS CRACKER.

It serves the purposes of a teething ring and
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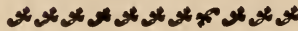
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24 STATE STREET, NEW YORK.

...THE...

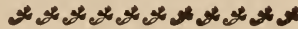
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Destroys Disease Germs.
Sold in quart bottles only.
Druggists and Grocers.

Prepared by Henry B. Platt, New York



Bring Home a Package of
Ralston
with the Basket of
PEACHES

There's no dish to compare with

Ralston and Sliced Peaches.

The combination (served with cream and sugar) is a complete breakfast in itself—it's simply delicious. Try it to-morrow.

The choicest wheat (so rich in gluten) gives to Ralston Breakfast Food its natural, wholesome flavor. Ralston is a pure, simple food easily prepared. That's why it finds a place in our American homes to-day. Ralston should be in your home, so be sure to buy a 15-cent package with the basket of peaches.

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850 Gratiot St., St. Louis.

PURINA MILLS PRESS

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The Mother's Nursery Guide.

VI. XVIII. No. 214
SEPTEMBER
1902



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CHILDREN LIKE
Cooling, Nourishing Desserts.
Summer Food determines Summer
Health

CHALMERS' GRANULATED OR SHREDDED GELATINE

is rich in Protein—the thing that
makes Muscle. Satisfies the Children's
Appetite. Quality,
not Quantity, of
Food, Counts in
Child Growth.



ALL GROCERS

For Free Sample (makes four
portions—enough for two per-
sons) with book of recipes.
"Gelatine Dainties," address



James Chalmers' Son, Williamsville, N. Y.

The Little Ones.

INFANT COMFORT CRADLE,
No. 41, 22x44 inches.
Mamma's Pride...
Baby's Delight...
No Tipping, always Level.
Nicely Finished.



Price, Maple, - - \$5.75
" Oak, - - 6.00
" White Enamel, 6.00

Climax Baby Yard.
Safety for the Baby
Relief and assistance for the
Mother.
Folds when not in use.
40 inches square, 21 inches
deep.

CHILD BED,

No. 52.
Combination
Wood and
Iron, Brass Or-
naments, sides
Fold in or Out.
Height of head
42 in., height of
foot 36 inches,
sides 12 inches
deep, size 30 x
54 in., White
Enamel,
Price, \$6.00



THE KENOSHA CRIB CO.;

Kenosha, Wis.

Largest assortment made of Crib, Cradles, Child's Beds
Folding Beds, Baby Yards, Children's Cars and Bicycles.
Ask your dealer for Our Goods or send 3c. stamp for Catalogue.



Baby Educator.

A HARD, NUTRITIOUS CRACKER.

It serves the purposes of a teething ring and
is at the same time nourishing and satisfying. It
entertains and comforts babies hours at a time.

They're Sold by Druggists and Grocers.

Six in a Box, 20 cts. By mail, 25 cts.

EDUCATOR FOOD STORE,
205 TREMONT ST., BOSTON, MASS.

Important Information About VASELINE

- 1st—The earache can be cured and the pain stopped
in five minutes by rubbing the Capsicum Vaseline
around the back of the ear and also on the temple
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These suggestions are in addition to our circular
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family as a remedy.

What is however, most important of all is that
"VASELINE" only should be used. The imitations
sold by many druggists under the various names,
Petrolatum, petroleum jelly, &c., &c., will not answer
and are not safe.

Refuse everything of this kind except the genuine
Vaseline made by us.

The word "VASELINE" is our trade mark and no
one else has the right to use it.

CHESEBROUGH MANUFACTURING COMPANY,
(Consolidated)

24 STATE STREET. NEW YORK.

PETTIJOHN'S FOR SCHOOL-CHILDREN:

With clear brains and sound, well-nourished bodies their study is easier, they remember better and answer better—they “Work while they work and play while they play”—and that’s just what you want your child to do.

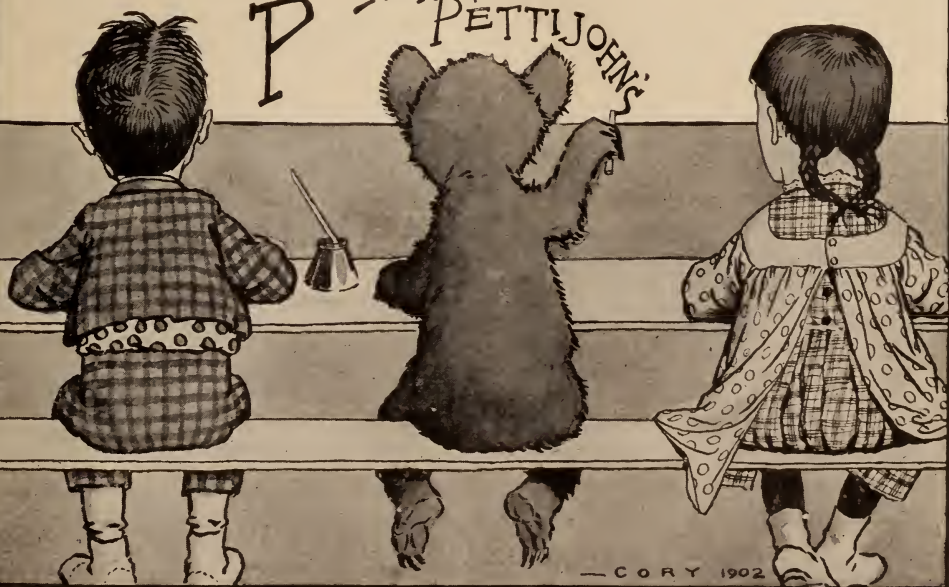
PETTIJOHN'S FLAKED BREAKFAST FOOD

The right food for school children; not only this first month of school, bear in mind, but every month of school, every month of the year.

Each Pettijohn's Flake is an entire grain of wheat, not altered in an attempt to improve on nature—easily digested. The strength that it gives is true strength.

Sold by All Grocers.

P - is FOR
PETTIJOHN'S



Your baby plays on the floor,
where dust and germs abound.
Before sweeping, sprinkle the floor
or carpet with properly diluted

Platt's Chlorides, *The Odorless Disinfectant.*



J. F. Hayes' Oat Food

For infants and invalids, contains more phosphates, carbonates, and albumin than wheat preparations. Makes more brain, bone, and muscle, causes no bowel irritation. Contains iron and a bitter principle as tonics. We call particular attention to Dr. Jacobi's address at International Medical Congress, 1900.

Process of preparation destroys all insect life and causes the food to keep indefinitely. All the starch is converted into dextrine, and the food can be used without cooking.

More than Pleased.

"I am more than pleased with Hayes' Oat Food," writes a reader of BABYHOOD. "Baby thrives on it."

Her Curiosity Was Satisfied.

Writes a young mother: "I had never heard of Hayes' Oat Food, so, with the consent of my physician, I wrote for a package, and am glad I did so. I am more than pleased with it, and shall use it for Baby altogether."

J. F. HAYES PHARMACEUTICAL CO.,
108 S. 13th Street, Philadelphia, Pa.



Ralston **BREAKFAST FOOD** has a Flavor as fine as Fruit.

That's the reason it blends so well with all kinds of fruit. The "preferred grain" is wheat, because wheat contains every vital element necessary to sustain life. The best wheat grown is Gluterean Wheat from which Ralston Breakfast Food is scientifically milled and good health is sure to follow it's continued use.

A Sample free, for your grocer's name

PURINA MILLS,
"Where Purity is Paramount."
850 Gratiot St., St. Louis, Mo.

PURINA MILLS PRESS



Delightful After Bathing, A Luxury After Shaving

A positive relief for PRICKLY HEAT, CHAFING and SUNBURN, and all afflictions of the skin. Removes all odor of perspiration. Get MENNEN'S (the original) a little higher in price, perhaps, than worthless substitutes, but there is a reason for it.

Sold everywhere, or mailed for 25 cents. (Sample free.)
GERHARD MENNEN CO., Newark, N. J.



Babyhood

The Mother's Nursery Guide.

. XVIII. No. 215
OCTOBER
1902



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New York.

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"Happiness was born a Twin"

Keep the Little Folks Happy by
Looking Well to Their Digestion

CHALMERS' GRANULATED OR SHREDDED GELATINE



Makes Pure, Nour-
ishing, Delicious
Desserts. Feeds the
System and Keeps
the Digestion Right

ALL GROCERS

For Free Sample (makes four
portions—enough for two per-
sons) with book of recipes,
"Gelatine Dainties," address



James Chalmers' Son, Williamsville, N. Y.

BABY CARRIAGES AND PUSH CARTS.

STYLE and COMFORT.



NEAT and DURABLE.

PRICE REASONABLE---QUALITY THE BEST.

Tell Us what You Want,
We Will do the Rest.

Send four cents for Catalogue showing over
200 Styles.

WILSON BROTHERS CO ,

105-107 Chambers Street,

New York City.



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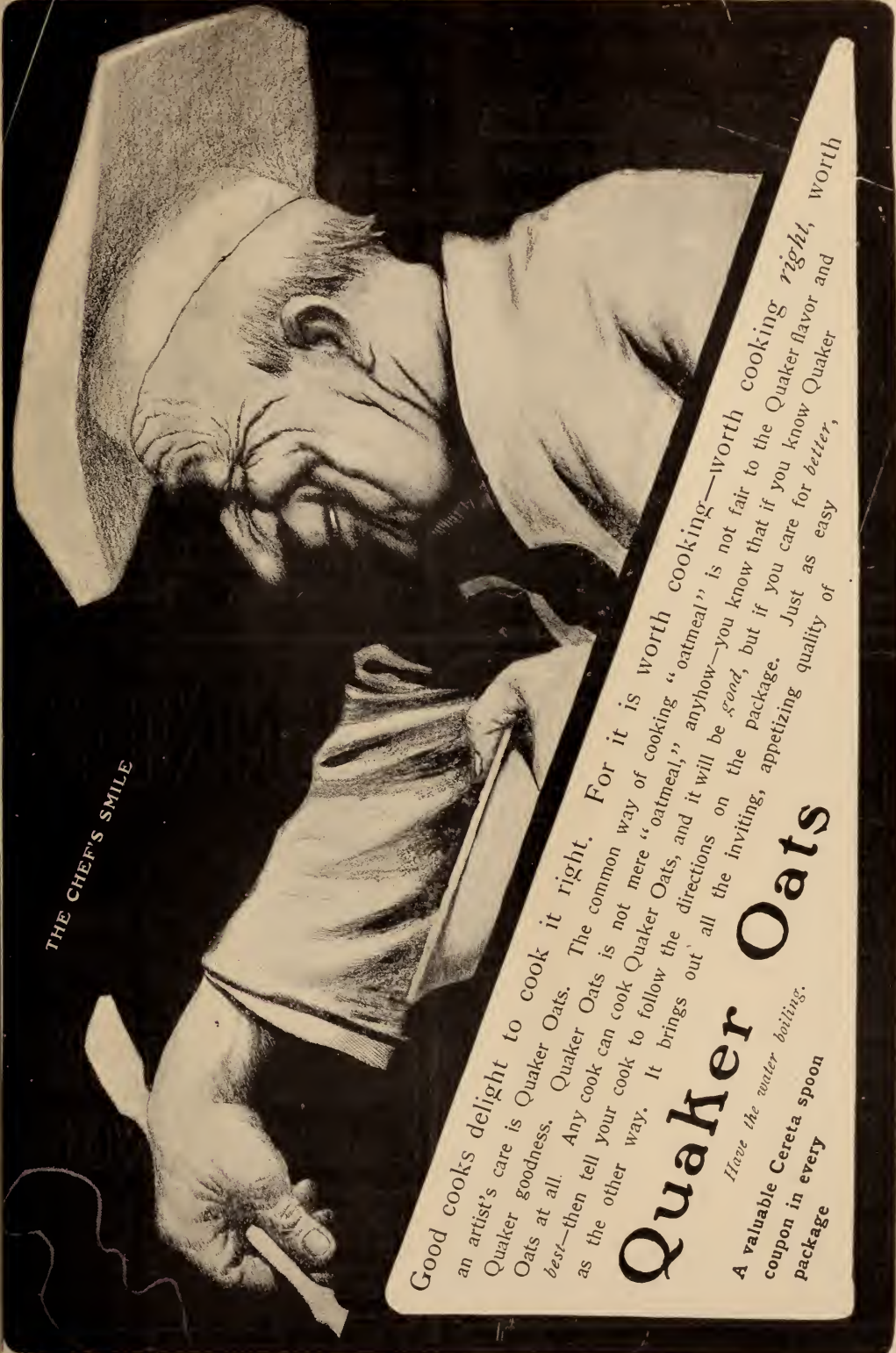
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one else has the right to use it.

CHESEBROUGH MANUFACTURING COMPANY,

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24 STATE STREET. NEW YORK.



THE CHEF'S SMILE

Good cooks delight to cook it right. For it is worth cooking—worth cooking *right*, worth an artist's care is Quaker Oats. The common way of cooking "oatmeal" is not fair to the Quaker flavor and Oats at all. Any cook can cook Quaker Oats, and it will be *good*, but if you know Quaker *better*, best—then tell your cook to follow the directions on the package. Just as easy as the other way. It brings out all the inviting, appetizing quality of

Quaker Oats

Have the water boiling.

A valuable Cereta spoon
coupon in every
package

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where dust and germs abound.
Before sweeping, sprinkle the floor
or carpet with properly diluted

Platt's Chlorides, *The Odorless Disinfectant.*



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108 S. 13th Street, Philadelphia, Pa.

Ralston **Purina Cereals.**



Are famous with folks
fond of Fine Foods.

And they're palate-pleasing
health foods, too.

Ralston Breakfast Food

has set the pace in cereals for years; and the same expert care which preserves its goodness retains the flavor and nutrition which Nature bestows in the best obtainable grain from which all our products are hygienically milled.

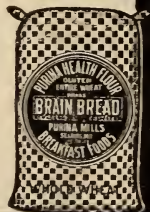


All For \$1.00

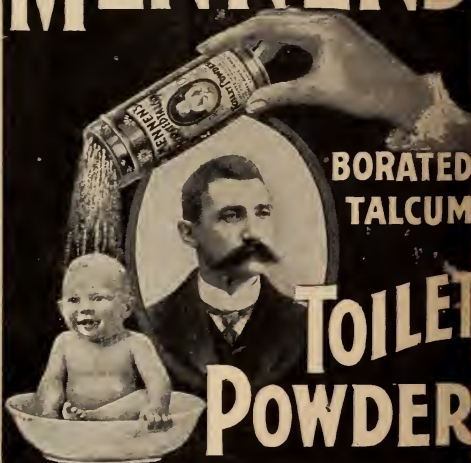
The full variety consisting of 5 2-lb. packages and the 12-lb. sack can be bought from your grocer for \$1.00.



Purina Mills,
"Where Purity
is Paramount"
St. Louis, Mo.



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Delightful After Bathing, A Luxury After Shaving

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Thanksgiving Dinner
Will Include a Delicious Dessert
MADE FROM
CHALMERS'
GRANULATED OR SHREDDED
GELATINE



Pie, if you will; but
a Dainty Dessert
for those who don't
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Sit Down Hard on Cold Breakfasts

Insist upon having delicious, warm, freshly cooked

**Cereta
Coupon
In Every
Package**



Pettijohn's FLAKED BREAKFAST FOOD

Pettijohn's Flakes are easily and quickly prepared.
Pettijohn's Breakfast Porridge is delicious and sustaining.
Pettijohn's Hurry-up-Biscuits are flaky, dainty and wholesome.
Pettijohn's Whole Wheat Bread is unequalled for nutrition.
Pettijohn's Puddings are delicious, satisfying and digestible.

See recipes on package for variety of dainty dishes.

For **BREAKFAST, LUNCHEON, DINNER** and **Supper**—always dainty, always appetizing, always digestible, always sustaining.



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A Bank Free For Ralston Children!

The bank is four times as big as this picture and very prettily colored. Ask your mother to save the Purina Checkerboard Flour Sack which is printed on the top of every package of Ralston-Purina Cereals. Mail it to us and we will send you a bank free.

PURINA MILLS, 840 Gratiot Street.
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